

Real News and New Realities

SUMMER 1988-89

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GLOBAL GREENHOUSE	<i>What we can do</i>	2
OZONE ZONE	<i>Latest news from the stratosphere</i>	5
NEXUS NEWS	<i>Real news and new realities</i>	6
FIRE FROM WATER	<i>The power source of the future</i>	7
NEXUS NEWS		8
RADIOACTIVE FOOD	<i>Food irradiation and radioactive food</i>	14
BASIS FOR NATURAL MEDICINE	<i>What is holistic health?</i>	15
AIDS - The Duesberg Challenge	<i>A scientist willing to test his theory - on himself</i>	16
EGYPTIAN HISTORY and	<i>How much history have we forgotten?</i>	
COSMIC CATASTROPHE	<i>How stable is the solar system? The work of Velikovsky</i>	18
ORGONE ENVIRONMENT	<i>How to make rain</i>	22
TREES of LIFE	<i>If you go down to the woods today...</i>	23
HOMELAND FESTIVAL REPORT		24
POWER FROM THE PLANET	<i>Nearly free energy devices that work NOW</i>	25
REACHING FOR THE SKY	<i>Macrobiotic foods and recipes</i>	26
DREAM ANGLING	<i>Bringing dreams to the light of day</i>	28
CULTURAL IMPRINTING and NLP	<i>How we create our worldview</i>	29
TIME CRAFT	<i>How did this man predict Supernova 1987A?</i>	30
HIGH ROAD TO SHANGRI-LA	<i>Hitchhiker's guide to the Himalayas</i>	32
HOW THE WEST WAS WON	<i>The Breakdown of the Bicameral Mind</i>	33
HATHA YOGA	<i>How to heal and maintain your body yourself</i>	34
CIVIL LIBERTIES	<i>What is freedom?</i>	35
ASTROLOGY SECTION	<i>Seasonal Astrology Guide & Perihelion of Pluto</i>	36
KOOMPARTOO	<i>The Bird People - manganese poisoning on Groote Is.</i>	37
GEMSTONE FILE	<i>How the world was run</i>	38
TANTRA of INTERNAL REGENERATION	<i>How to rejuvenate your body, mind and spirit</i>	40
LINKUP DIRECTORY and DeClassifieds	<i>Where to get it, how to find it</i>	42
MOVE OVER	<i>The last days of patriarchy</i>	50
CONEXIONS	<i>Nodes in a Network</i>	51
ENJOYING BODY HARMONY	<i>With Lyn Ruming</i>	52
ORIGAMI & TRANSWORD SOLUTION	<i>Revealed for the first time - how to make a kangaroo</i>	53
WORDSWORTH	<i>New Age Book and Tape Reviews</i>	54
GRAPEVINE and Editorial	<i>Your chance to air your views in NEXUS</i>	56
CONVERSATIONS with UNCLE MARTIN	<i>Memories of a Martian survivor</i>	58
TWILITE ZONE	<i>The News Graveyard</i>	60
COMIX SECTION	<i>Where the next issue starts...</i>	61

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FEED YOUR HEAD

Global Greenhouse

What we can do

The last decade is the warmest since reliable records were first kept over 130 years ago. Temperatures have been rising for the last century and sea levels have risen by 40-50cm since World War II. Now there's been a sharp increase in global temperatures in the 1980s...



The 'greenhouse effect' was a term first coined in 1896 by Swedish scientist Svante Arrhenius to describe the atmosphere's warming mechanism. We now know it as the heating of the world due to human fuel consumption.

The greenhouse effect is already happening. The questions most people want answers to are 'how far' or 'how fast', but answering these is proving difficult. The US Environmental Protection Agency (EPA) reported in October 1988 that temperatures are expected to rise by 2° to 5° Celsius by the middle of the next century, melting ice caps and flooding coastal regions. The EPA draft report is the first major US assessment of greenhouse effects;

"The ultimate effects will last for centuries and will be irreversible," the report said.

"If change is slow enough, nature can adapt through migration and society can adjust. A rapid climate change, however, may overwhelm the ability of systems to adapt."

The EPA reported that at least 18,100 square kilometres in the US alone will be inundated and up to 25% of crops in southern States will become too hot to farm. Hotter temperatures will increase smog and acid rain levels.

As polar and glacial ice begins to melt, reflective ice is replaced by heat-absorbing water, creating a feedback effect. To see what this can do we have only to look at maps showing the continental shelves off the Earth's land masses - these roughly correspond with the old coastline, which was inundated about 12,000 years ago at the end of the last ice age. There's much less ice around these days - but since then the average temperature of the biosphere rose by about 2° C.

Many governments have instructed researchers to provide predictions of sea level and temperature rises over a timespan of one or two generations. Scientists have replied that they can only make rough projections for the next 5-10 years, not 25-50; but they've been instructed to make longer-term projections anyway. For this reason, most reports you see refer to major environmental changes occurring generations from now - changes which have *already* begun.

300 scientists from 48 countries who assembled in Toronto last June concluded that fossil fuel use must be cut by 20% by the year 2000 and by 50% by 2015 if we are to slow and halt greenhouse warming.

Scorchers

Now the US Midwest is in the grip of its worst drought in 50 years - destroying much of the US 1988 farm crop - and record high temperatures were set in over 70 US cities last June. Southern Europe, Turkey, the Middle East and China were hit by unprecedented heatwaves last summer, with temperatures rising to over 40° for days at a time, and the Soviet Union was hit by its worst heatwave in 70 years. Moscow street bitumen turned to liquid and peat bogs in surrounding farm districts erupted from spontaneous combustion.

The Midwest drought was cited before a June US Senate committee - by the director of NASA's Institute for Space Studies, climatologist Dr James E. Hansen - as evidence for greenhouse warming. He said that from 1780 to 1880, the earth's average temperature warmed up by 0.9°C; from 1950 to 1980, the atmosphere warmed by 0.6°; and the four warmest years in the last century have fallen in the 1980s.

"It's time to stop waffling so much and say the evidence is pretty strong that the greenhouse effect is here," said Dr Hansen.

"There is only a one in 100 chance that this sequence could be a statistical fluke," said Bill Genaro, a scientist from the US National Weather Centre.

"I don't think anybody believes this is a once-in-50-years phenomenon," said Senator Patrick Leahy, chairperson of the US Senate agriculture Committee.

The atmosphere now has 25% more carbon dioxide (CO₂) than it did before the Industrial Revolution. But when other gases including methane, nitrous oxide and CFCs are included, the concentration of *greenhouse gases* has increased by 40%.

"A warming of 1° would probably put the world warmer than any time in the last 120,000 years," reported Dr Richard Warrick of the US Climatic Research Unit. "If we followed the upper end of the estimates and heated the globe by 4°, well that is the difference between the depths of the last Ice Age and now."

"The climate system is already changing and this is just the beginning," said Dr David Rind, another NASA climatologist. "The trend, clearly, is to worse and worse droughts. The tempera-

tures we are getting on our computer projections for the end of the 1990s read like science fiction."

A scientific report released by the UN last June estimated that sea levels will rise 5cm and temperatures rise by 0.5° C each decade.

Floods

While temperate zones are scorching, the tropics are flooding. Brazil was hit by its worst flood this century in April, Sudan was similarly struck and it seems that parts of Bangladesh may remain underwater for years to come - hundreds of millions of people are *already* facing consequences of a global greenhouse (although the Bangladesh situation is caused primarily by the felling of forests upriver in India and the Himalayan foothills; World Bank funding of these initiatives has made siltation and flooding in this coastal nation inevitable).

Cyclonic activity is already increasing and moving further from the equator. Hurricane Gilbert, which struck the Caribbean and US in September was the fiercest on record. Wind gusts reached 400 km/hr. It struck Mexico with sustained winds of 290km/hr, where waves reached higher than seven metres. The eye changed from a compact 13 km wide to a two-eyed, 110km wide monster and was seen to rotate slower than any other on record. Gilbert broke up into scores of tornadoes over the US mainland, wreaking widespread havoc.

Closer to home, meteorologists have found that bigger storms and greater rainfall have occurred in the last 20 years than previously thought possible. Dr Barrie Pittock of the CSIRO reported last August that rainfall levels between Dubbo and the Hunter Valley increased by 30% since World War II. He says a 10-20% decrease in rainfall in south-western Australia is another greenhouse result. CSIRO computer models predict a rise of 2°C over northern Australia's inland areas and up to 4°C further south.

Cyclones originate and exist only where sea surface temperature reaches over 27°C. Tropical cyclone activity may extend as far south as Sydney, and the mythic 'Inland Sea' may soon become a reality. But vast coastal regions and entire island nations will also fade away as their aquifer and water tables are salinated by rising sea levels and they run out of fresh water.

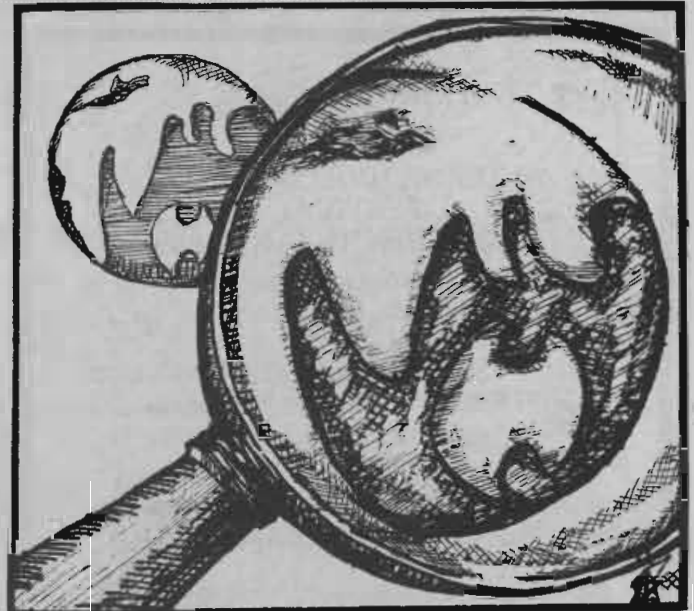
Summer rains are spreading further south in Australia, while winter rainfall is decreasing further south and in the southwest.

Many dams weren't designed to withstand floods now predicted for the next decade/s. The safety of 300 of Australia's biggest dams is now in doubt.

Fire in the Greenhouse

One effect of a greenhouse is to speed plant growth generally - this is one positive effect we can make use of. Rapid greening and reforestation of the planet will help fix atmospheric carbon. This is something we *can do now* to redirect the greenhouse effect; otherwise many forests will be overwhelmed by cyclonic winds and fires.

Increasing CO₂ and decreasing ozone levels are both cross-linked to increasing forest fires around the globe. The last few years have seen the largest fires in human memory sweeping China, Russia and North and South America. For the first time,



Brazilian and US scientists have measured the effects on the atmosphere of the annual conflagration caused by 'burning off' and other fires in the Amazon Forest. According to one NASA scientist, the results are "mind boggling, an unmitigated disaster."

Using satellite data, the researchers found that this annual burning alone may account for 10% of the man-made CO₂ entering the atmosphere. About 120,000 square miles of Amazon (over 30,000 virgin) forest was burned in 1987, according to Alberto Setzer from Brazil's National Institute of Space research, co-ordinator of data from Landsat and the NOAA satellites.

The amount of forest burned annually doubled in only two years; 1987's burning released 1.9 billion tonnes of CO₂, 44 million tonnes of carbon monoxide, 6 million tonnes of dust, soot and smoke, 5 million tonnes of methane and a million tonnes of nitrogen oxides and other substances into the atmosphere - often rising to a height of 3,600 metres, where they're carried higher by jet streams and blown across the South Atlantic.

"One of the main causes of ozone destruction is these enormous fires, not just in Brazil but in Africa, too," said West German ozone expert Professor Paul Crutzen, head of the Max Planck Institute at Mainz. It's believed that the massive pall of smoke, which peaks each August, produces ozone-damaging gases which reach the Antarctic region about ten days later. On August 24, 1987 a NOAA satellite registered 8,000 separate Amazon fires, each at least a square kilometre in size. 12 days later, the international airborne Antarctic ozone experiment recorded a dramatic fall in ozone levels - about 10% over 2 million square miles.

Much of this destruction was inaugurated by World Bank funding of Brazil's Polonoreste highway - a project which was denounced in advance by environmentalists. New settlers have used the highway to reach and burn off vast tracts of the Amazon - partly because 'squatter's rights' in Brazil require that land be burned off as proof of 'development' and ownership.

Acid rain damages forests, drying land and exposing it to fire. The debris thrown up by resulting fires creates more acid rain, and so on. This is exacerbated by humans' direct destruction of tropical forests (at a rate of about 1.1 million hectares a year).

Increasing forest fires are caused not only by increased temperature but by altered water tables, salination, acidity - and a



range of factors now known to be influenced by human activity - interacting with broader cycles within an epoch of glacial and interglacial periods. Each glacial period has been preceded by increases in global CO_2 - a greenhouse effect.

This has led some (including Hamaker - see *Nexus* No 4) to propose that a *differential* greenhouse effect is actually taking place. In this scenario, increased greenhouse gases will raise temperatures at first, leading to an increase in atmospheric water vapour - clouds. These will in turn reflect more heat into space than is absorbed by the lower atmosphere - tipping the scales into a period of rapid cooling. The next ice age is geologically overdue and it's possible that industrial effects have simply delayed its onset.

OUT OF FRYING PAN INTO FIRE?

Electric power generation and transportation are the prime causes of greenhouse warming - our reliance on coal, oil and gas. The greenhouse effect has become a post-Chernobyl rallying cry for pro-nuclear power lobbyists, who claim that nuclear power is the 'only solution'.

But how can nuclear power possibly provide energy for transportation in the near future? The US consumes about a quarter of the world's energy and produces about one-fifth of its CO_2 emissions - but electricity represents only about 20% of its total energy consumption. We also have only a few decades' supply of Uranium. Trading the result of one form of industrial excess for a potentially worse industrial nightmare doesn't seem a good



idea. Either way, we must all slash our energy consumption drastically in the next few years.

"Neither combustion of fossil fuels nor nuclear power offer answers to energy supply in the future," said Swedish Government Minister Mrs Birgitta Dahl last July. Sweden's energy conservation programme has seen energy demand fall below the level of a decade ago - when it was estimated its energy consumption should have doubled by today - at little cost to living standards.

Viable soft technology for lighting purposes is available right now. Most appliances are inefficiently stepped down from mains voltages anyway, and can easily be converted to solar, wind or water power. Using electricity more wisely in our homes and workspaces will save an enormous amount of fossil fuels.

Electricity grids were built inefficiently (by today's standards) and much generated power is lost over the distances it must travel from a centralised source. *Local* electric generation must increase.

Transportation alternatives are another question. Various solutions are already here, though many have been held up by monopolisation and convention.

As nations such as China, Taiwan, South Korea and Malaysia pave the way for Third World industrialisation it's essential that the unclear/nuclear 'option' leaves the agenda so we can all get down to the real business of changing our energy sources and use throughout the planet - an awe-inspiring but possible feat.

The time for avoiding massive changes is gone - now we must redirect them.

Ozone Zone

It's been known since the early 1970s that some gases produced by human industry reduce the amount of ozone in the upper atmosphere, exposing the Earth to more ultraviolet (UV) radiation. Until recently the need to control these gases wasn't seen as urgent by governments, industry or scientists - now all that's changed.

Science now accepts that substances including chlorofluorocarbons (CFCs) are causing the breakdown of ozone in the upper atmosphere. These gases have been proven to have increased dramatically in the atmosphere over the last 20 to 150 years. They're used in refrigeration, air conditioning, foam packaging, some aerosols, as solvents in electronics and dry cleaning and as fire suppressants.

* We now know there's been a **global decrease in ozone of 2-3% over the last nine years**, about half of which *can't* be attributed to natural fluctuations. Southern Australian monitoring stations recently showed evidence of greater decreases in the last 8-10 years than the global average.

* A sudden, unexpected decrease of Antarctic ozone now occurs each Spring, known as the Antarctic 'ozone hole'. It's been established beyond reasonable doubt that this massive seasonal 50% decrease in stratospheric ozone over Antarctica is due to atmospheric chlorine - including CFCs - interacting with the unique Antarctic 'polar vortex'.

* **Ozone over Northern Hemisphere mid-latitudes decreased 1.7%-3% between 1969 and 1986.** Theoretical models previously predicted that average ozone depletion there due to trace gas build-up would be between 0.7% and 1.5%.

* A 7% decline in ozone levels over Melbourne in the last 10 years and 5% at Perth in the last 8 years has been noted.

* 300 scientists assembled in Toronto last June reported that ozone depletion over the Mid-Atlantic US last year was 3% - not 0.5%-1% as had been predicted.

In September 1987 the *Montreal Protocol* was drawn up to cut industrial release and production of CFCs. The Protocol requires developed nations freeze consumption of CFCs in 1989 at 1986 levels, with a 20% reduction in 1993 and a further 30% reduction in 1998. Consumption of halons is to be frozen at 1986 levels by 1993.

These recommendations were based on models from the years prior to 1987, but 1989's scheduled review of the Protocol will have to take new information into account - information confirming global decreases and greater depletion rates in Antarctica than were accepted in 1987. CFC production must be cut back far more rapidly than the original Protocol called for.

A 50% reduction in global CFC emissions over the next decade *won't* stop atmospheric chlorine levels from doubling by the year 2075. CFC emissions will have to be reduced by about 85% to halt the decrease in Antarctic ozone.

EFFECTS OF UV

Stratospheric ozone partly shields the Earth from the Sun's UV radiation - particularly a type called 'UV-B', which is the most biologically damaging.

Non-melanoma skin cancers and eye cataracts are linked to UV-B radiation. In Australasia a 1% loss in ozone is believed to cause a 2% increase in UV-B radiation, which may cause up to 4% more skin cancers. The EPA estimates a 4.8-7.5% increase in cancers as a result - these estimates refer to cell mutation, not necessarily cancer (mutation is evolution in action and cancer is only one potential).

UV-A has been largely ignored in the past, but we now know it has deeply penetrating and destructive qualities.

This won't only effect human beings, although the yield of many agricultural crops may also be damaged by UV-B. It's known that life near the ocean's surface is susceptible to UV damage. Plankton, tiny organisms at the base of the marine food chain, are *very* sensitive to UV-B radiation. This alone could effect the entire aquatic food chain. However, there is evidence (from Hoyle *et al*) to suggest that plankton and other forms of life (including humans) *have* been exposed to high levels of UV in the past.

"I never underestimate the resiliency of nature," said biological oceanographer Professor Sayel el-Sayed of Texas A & M University last March, confirming that UV may damage plankton and krill populations - the primary food sources of the Antarctic ecosystem.

"If anything happened to the krill population, the whole ecosystem probably would collapse, and you could say goodbye to the whales and the penguins and the seals and the fish," Professor al-Sayed said at a briefing arranged by the World Resources Institute.

CFCs & GREENHOUSE

Current ozone levels in the stratosphere are responsible for its relative warmth, which influences the planet's climate. A change in ozone may change the climate in conjunction with 'greenhouse' warming.

The greenhouse effect is warming the Earth's lower atmosphere because certain gases 'trap' infrared radiation, which would normally bounce back into space. Although CO₂ is a major cause, other trace gases including methane, nitrous oxide and CFCs also play their part. CFCs could be responsible for 20-30% of global warming in the next 50 years, so stopping their production *now* is another thing we *can* do to alter the greenhouse effect.

In 1986 NASA - along with the World Meteorological Organization, the United Nations Environment Programme, the US National Oceanic and Atmospheric Administration (NOAA) and the US Federal Aviation Administration - formed the *Ozone Trends Panel* to carefully re-check all relevant records for possible changes in ozone and trace gas levels. The Panel involved over 100 scientists from various nations, releasing its findings in Washington in March 1988.

They reported that the Antarctic ozone hole forms during September each year and breaks up in late November or early December. In 1987, ozone levels over Antarctica were the lowest on record since satellite measurements began in 1978 - less than half their 'normal' levels. Ozone depletion is largest over Antarctica during spring, but ozone has decreased throughout the year by 5% or more at all latitudes south of 60°S since 1979.

Their report shows that ozone levels outside the Antarctic region are expected to drop further after 1991. Between 1985 and 1991 total ozone levels outside Antarctica are expected to remain roughly constant, because increases in solar activity are expected to offset the effect of CFCs. After 1991, when solar output declines, global ozone is expected to decrease still further ★

- R. Ayana

- *Ozone Trends Panel Report, Greenhouse Project, Reuter, AAP, AP, Washington Post, New York Times, Scientific American.*

SPACE AGEING

Humans beings may not be able to survive for long in space without fundamental changes to their body systems due to lack of gravity.

Russian scientists reported that during Cosmonaut Romanenko's 326 days aboard the Soviet space station *Mir* last year, his height increased by 2.4 cm. Zero gravity seems to cause dramatic and possibly irreversible changes in the bone structure and nearly every system in the body changes after time in zero gravity. The body's metabolism ages rapidly, especially the nervous, immune and endocrine systems.

Human colonisation of Mars would not be possible unless these effects could be overcome, said Dr Percival

(Bones) McCormack of NASA's Life Sciences Division and chief medical officer for the US space shuttle program.

"Unless suitable countermeasures are taken a colony would die out, unless continually replenished with earth people," he said in Brisbane last October.

"While bodily systems usually

readapt quickly to earth's gravity after short flights, there is great concern that irreversible changes may occur in body systems during repeated or long-term exposure to space flight," Dr McCormack said.

"It will be an intriguing speculation to know what the people will look like - it's not clear.

"Certainly the bone structure of the body will change because we won't require large bones to withstand the stress of one G (gravity)."

Another alternative would be to provide 'artificial' gravity, centrifugal or otherwise.



HOW TO RUIN AUSTRALIA

"For too long, too many companies in Australia have felt our national heritage has been their private property and thus theirs to chop down or degrade." These strong words from Federal Environment Minister Senator Graham Richardson last October were a harsh dose of ecological and economic reality at a time when national agricultural production has dropped by nearly 30% a year because of soil erosion.

"Our soils continue to blow away," the Senator's speech read at an address to the national conference of the Australian Conservation Foundation in Sydney. "We continue to lose native vegetation and habitat at a devastating rate.

"For every loaf of bread you buy produced from wheat grown on the Darling Downs in Queensland, 7kg of soil have been lost forever.

"How much longer before we hit bedrock?" The cost to restore degraded Australian lands in 1988 was \$2,000 million, an amount not made available for the purpose. This burden will compound until the present unsustainable

agricultural system is replaced and the land revitalised. Over 55% of arid lands and 45% of non-arid areas need treatment for land degradation.

Since European colonisation, more than two-thirds of the original tree cover has been removed and over three quarters of our rainforest has disappeared. About 2,200 plant species including a quarter of all gum trees are under threat of extinction.

"While the miners push their barrow for the right to easy access to ever more of this continent, the stark reality of how much has already been lost is often ignored," the Minister would have said - if not for the fact he was stranded in Queensland by a strike. His speech was delivered by Federal MP Steve Dubois, ALP Caucus Environment Committee Chairman.

"Producers have dominated land use decision-making in this country for the past 200 years, more often than not at the cost of the environment," said Mr Dubois.

"We are now paying the price."

Native Animals Save Land

Kenyan rancher David Hopcraft has been conducting experiments on his land on the Athi Plains, 40 km from Nairobi, to demonstrate that Africa's own animals have a profound effect on its soil and plants.

Stocking cattle and gazelles on adjacent plots of land, he's discovered it's environmentally and economically wise to raise native animals rather than livestock.

The land plots occupied by native gazelles grow thriving grass, whereas plots occupied by imported cattle grew only sparse vegetation.

Cattle cause a big loss of grass cover, especially around waterholes - at which they must drink more often than native wildlife. But Mr Hopcraft says the real key is a hormone in indigenous animals' saliva, faeces and urine which acts as a catalyst to boost local plant growth.

In Kenya's Rift Valley 25 years ago he saw dust storms that were the first signs of desertification.

"People said it was just overgrazing. But then I realised that could not be because there were fewer animals there than I had seen in wildlife areas," he said. After a master's degree in wildlife science at Cornell University and experiments on his 8,000 hectare ranch he is convinced native wildlife is good for the land and that imported livestock harm it.

Mr Hopcraft encourages meat eaters to switch to a diet of native animals and raises about 15 species on his ranch for consumption in Nairobi restaurants. Farming native animals requires less in the way of water supply, fencing, fuel, pumps - and researchers trying to find new ways of keeping cattle alive.

Reuter

Fire from Water

Australian inventor Yull Brown has found a way to economically split water into hydrogen and oxygen - a breakthrough which gives us water-powered welding and offers functioning, water-powered transport in the near future.

In a cramped workshop at the back of a suburban house in Auburn in Sydney's west, Mr Brown has developed the first commercial product based on the energy resource of the future - water. Scientists only recently started to take seriously the notion of a future "hydrogen economy" based on electrolysis of water, where an electric current is used to separate it into hydrogen and oxygen.

These two gases are usually highly explosive and are used as rocket fuel. Some scientists have refused to witness his experiments because of the explosiveness of hydrogen and oxygen.

But Mr Brown has been able to tame the mix into a safe gas, known as *Brown's gas* - using a specially designed electrolysis cell which doesn't separate the two gases at their origin, as is done conventionally. After 15 years work and a million dollars in development, he's launched a welding system based on his process.

He predicts cars and aeroplanes running on water supplied from the garden hose and powerlines replaced by pipes carrying gas to be reconverted to electricity.

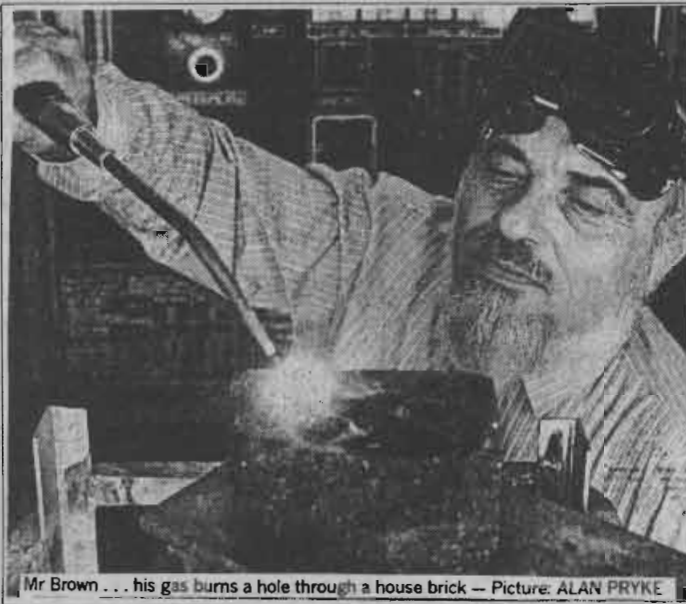
When he arrived from Bulgaria in 1957, Mr Brown's qualifications as an electrical engineer weren't accepted. Now he's one of Australia's best known inventors (and least-recognised scientists).

His inventions have been dismissed as elaborate trickery, yet Mr Brown has covered his technology with over 100 patents in 31 countries and recently floated a \$1 million company on the second board of the Hobart stock exchange.

The first commercial technology of its kind, the gas in Mr Brown's welding system has extraordinary features and doesn't seem to produce harmful light or vapours. At one moment the flame can be the temperature of a candle and you can wave your finger through it. *Then, without adjustment, it will melt and split granite or fuse metal and house bricks together*, although industrial gas experts swear this is impossible and scientists who have witnessed it are at a loss to explain

the principle.

Mr Brown theorises that the temperature of the flame is determined at the surface of the material through an "interactive process" between the hydrogen molecules and atomic bonds in the object. He's now taking orders for his welder (A\$4,500) and a larger version of the device is about to be sent to the United States to test its ability to destroy plutonium and other toxic waste.



Mr Brown ... his gas burns a hole through a house brick — Picture: ALAN PRYKE

The Brown's gas generator and welder has up to 30 different applications. To operate it, water is pumped into the unit and the hydrogen and oxygen are separated and compressed to form a gas. Brown's gas can be used as a flame or energy source; for use as an energy source it's detonated by a spark that forms a vacuum. Atmospheric pressure then sucks water or any other liquid through the container or hollowed area. When set alight it can reach 6,000°C - as hot as the surface of the sun.

"The flame created by the generator is the highest temperature on Earth and can turn tungsten to vapour or gas," Mr Brown said last March. He successfully ran a car engine on water using the device and is researching the possibility of simply installing the generator in existing cars. Electricity and water are all that's needed to run the unit, which is cheaper than most conventional generators.

Scientific Demonstration

Professor Brynn Hibbert, professor of analytical chemistry at the University of New South Wales, recently arrived from Britain where he held senior posts researching fuel-cell technology. He said that he'd usually be a "bit twitchy" about working with hydrogen and oxygen, but took part in a demonstration of Brown's gas in October anyway.

He said afterwards that on face value Yull Brown seemed to have found a way of efficiently producing a mixture of hydrogen and oxygen that was safe to use.

"What may enrage the scientific community are some of the claims that this gas has very special properties."

"One of the more extravagant of these is that the gas produced in his process will destroy unwanted plutonium and also produces heavy water.

"There is a whole range of criticisms directed at this based on what is the known chemistry of these type of gases, through to our knowledge of thermonuclear reactions."

Mr Brown's most contentious suggestion was that *additional rare hydrogen and oxygen atoms*

were generated in his process. Professor Hibbert said that *from what was known* of these atomic species they'd be too short-lived to travel out of the electrolytic cell and down the gas hoses, but admitted he had no explanation as to why the gas performed in all the ways he had seen demonstrated.

At Mr Brown's invitation, Professor Hibbert left the Auburn workshop carrying one of the electrolytic cells that is the secret to Mr Brown's technology under his arm.

The use of Brown's gas for transportation and energy generation is the best way so far demonstrated to overcome the greenhouse effect economically, effectively and quickly. If put into immediate application, much of the threat to the biosphere of Planet Earth will be immediately removed ★

- R.A.

SMH 13-9-88 & Aust 30-3-88

In Pursuit of the Elixir of Youth

Hot in pursuit of the 'holy grail' of eternal youth, Professors Keith Cairncross and Arthur Everitt at Sydney's Macquarie University have been observing rats which have been denied the use of their pineal gland for three years.

Without their pineal glands the rats became hyperactive, couldn't sleep and had difficulty coping with normal activities.

"This all creates stress which enhances the aging process," according to Professor Cairncross.

Located deep in the mid-brain, the pineal gland has been a source of fascination and mystery for many cultures. The Greeks knew it as the eye of *Cyclops Polyphemus* ('one eye of many lights') and considered it the organ of 'mind and spirit'. French philosopher Rene Descartes (I think ergo I am) considered it the link between the material and spiritual worlds. Darwin described it as a 'vestigial' organ - defunct, degenerate. To many it is the mysterious 'third eye' and gateway to the 'astral planes'.

The pineal gland's mythology has made contemporary medical researchers unable to resist checking to see if there's anything in all this 'voodoo'. Enticing them is the vital link found between the hormonal secretions of the (rat) pineal gland and mechanisms that help mammals cope with changing environment and stress.

The research links a decline in the production of pineal hormones with conditions associated with ageing, such as arthritis and conditions affecting the spine, arteries, lungs and skin. These generally arise due to the deterioration of *collagen*, the connective tissue of the body. With age this tissue loses its elasticity and the dreaded wrinkle appears.

From this researchers have deduced that a synthetic hormone *melatonin* could reverse this deterioration. Melatonin inhibits the pituitary gland (located in the frontal mid-brain), which other research links to ageing.

During sleep, immune processes involved with healing and regenerative functions are activated by increased production of natural melatonin; but as age increases (or sleep decreases) this production declines and the pineal becomes a vestige of its younger self. Macquarie researchers consider the synthetic melatonin may revitalise the process and lead to regeneration and rejuvenation of the body.

Professor Cairncross is ecstatic;

"I think by next century more and more people will be much healthier in their old age, and able to extend their lives to 120 years, which seems to be the natural limit." (According to *Genesis XI v 3* "(man's) days will be 120 years", which leaves us to wonder just where that estimate of medical research comes from)



Computer Miscarriage

A spate of deformed babies born to computer operators at the *Toronto Star* in 1979 raised questions about the safety of pregnant Canadian and US women working at computers.

New data shows that the risk of miscarriage almost doubled among a group of women who worked at computer terminals for more than 20 hours a week during the first 12 weeks of pregnancy.

The research was done by Health Insurance company Kaiser Permanente on 1,583 pregnant women attending obstetrics and gynaecology clinics in northern California. The risk of both early and late miscarriages increased by about 80% for all women working over 20 hours a week, compared with women who did similar work without computers. Administrative and clerical workers had a miscarriage risk 240% the rate of non-exposed workers. There's still no conclusive

Pre-Columbian Tomb Complex Unearthed

Archaeologists in Peru have found what's been described as the richest cache of pre-Columbian artifacts ever uncovered in the Americas - a mausoleum of rulers.

The 1,500 year old tomb complex was found 650 kilometres north-west of Lima, near the coastal village of Sipan, by a team led by Walter Alva of the Bruning Archaeological Museum in Lambayeque. The major tomb so far opened holds the body of a high priest-warrior of the Moche people, a pre-Inca culture of farmers, artisans and warriors who lived in a 320 kilometre stretch of Peru from around 250 AD until 750 AD, when they mysteriously disappeared.

Detailed records of their time in pictorial form on decorated pottery have hitherto been found, which describe a supreme figure who appears to be the principle occupant of the Sipan tomb. He was in his early 30s at death, and was buried with three other men, two young women and a dog.

Also found in the tomb was a gold face mask, two strands of large gold and silver beads shaped as peanuts, a solid gold crown and knife, ceremonial rattle of hammered sheet gold and a gold shield weighing almost a kilogram.

New York Times



statistical proof linking computer use with birth defects.

The idea that terminals could be harmful was initially dismissed because they emit only small amounts of ionising radiation, but recent suggestions that weak electromagnetic fields interact with the body has refueled the debate.

These non-ionising (radio wave) electromagnetic radiation from terminals may be a different matter. An independent Swedish experiment has shown an increase in foetal deaths in mice exposed to simulated computer fields. In Sweden, terminals must be encased in an earthed cage. A recent US Office of Naval Research project reported that a pulsed magnetic field caused abnormalities in chicken embryos. Some unions are calling for pregnant workers to be transferred from terminals.

London Observer; American Journal of Industrial Medicine

The Gaia Project

Megalithic Radiation

The Gaia Programme is an independent plan to monitor radiation at standing stones around the British Isles.

Starting in 1983, Geiger counters were used to measure radiation - in three minute readings at various stations inside megalithic sites and in the cardinal directions radiating up to a mile out from them - to seek local radiation anomalies.

25 stone circles, 2 megalithic mounds and 3 henges were carefully examined, along with 'control' areas which didn't contain megalithic sites.

One complex of stone circles on Arran Island known as Machrie Moor is comprised of granite and sandstone blocks. Some megaliths in the complex are very tall, and some circles have been recovered from peat. In legend the highest concentric circle (Machrie Moor 5) is where the giant Fingal leashed his dog, Bran, while he boiled his cauldron in the inner ring. Six concentric circles in the complex were tested and it was discovered that all appear to be in *localised low radiation areas*, relative to the general background count for up to half a mile in the four cardinal directions.

Higher Levels

All the actual circles showed higher readings than general and immediate background radiation levels. Circle MM1 showed readings 50% above its immediate background while MM2 was 30% above. Both these sites were less than 12% higher than the *general* background level, however; the areas immediately around the circles show lower levels of radiation compared to the general background, while the circles are 'high' points within these.

Concentric circle MM5 was carefully studied and averaged 33% above background readings. A 1988 Geiger counter examination of the same site also gave a reading 45% higher than 300 yards away.

The average radiation reading at a nearby control site was 5% above the average of the general background count and identical to the area around it.

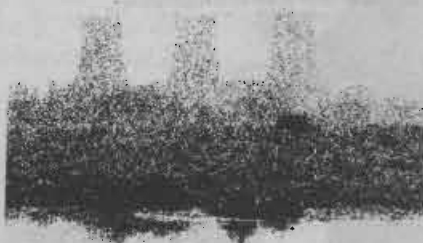
At another site, Loch Buie on Mull, an average count some 23% higher than background average was found by the Gaia Project, which also noted magnetic anomalies here. The highest reading within this circle came from the very centre of the ring.

One of the most complete surveys conducted by a Gaia team comprised readings taken on two days - before and during the 1983 Summer Solstice at the Callanish complex on the Isle of Lewis. On June 20th the site average was 10% above the background count, but on June 24th the site measured up to 32% above background. In these two sessions stone readings at most points within the site remained constant, but certain stones roughly *doubled* their count on June 24th compared with June 20. One stone in the circle's southern alignment gave 10 cpm on the first day but 22 cpm on June 24th. How could conditions on Old Midsummer's Day be so different from those a few days earlier?

It's unknown as yet whether these anomalies are due to geological factors; granite itself emits radiation, but the findings are inconsistent with what could be expected from such a simple explanation. Some sites, albeit damaged ones, showed few or no radiation anomalies.

Are these ancient megalithic structures constructed around anomaly areas, and if so, why? Or do the constructs themselves generate the anomalies? At last science has something it can get its teeth into to study the stone sites of the ancients.

The Ley Hunter



SMOG SNIFFER

The CSIRO has developed a device that can find a single source of pollution in photochemical smog.

The Airscan device was unveiled last September by the CSIRO's division of coal technology and is expected to be commercially available by the middle of 1989.

According to a principal researcher in the division, Graham Johnson, the device is powerful enough to discover whether there is an illegal source of pollution within a single suburb and how recent the emission was.

Justice Blind to Pine Gap Protestors

Ken Mant-Nath was arrested and charged with trespass at the October 1987 protests outside the USA's secret military surveillance and research facility at Pine Gap in the Northern Territory, along with Senator Jo Valentine and Limbo Lenin.

For both Senator Valentine and Limbo the outcome was conviction and fine. Senator Valentine accepted this decision, but on principle chose imprisonment rather than pay the fine. As an *elected state member* of the Commonwealth parliament, and thus representing the broader political aspirations of Australians, Senator Valentine's decision clearly demonstrated that the present Federal government will defend USA military rights in Australia, even if it means 'imprisoning' its own Senators. That is who was represented in court while Senator Valentine stood before the bench. Limbo Lenin chose the other option and is appealing.

Nuremberg Principle

Legally Senator Jo and Limbo's defences were based on a technical argument based on the Nuremberg trials which set the *interna-*

tional precedents that determine whether or not a military facility is 'lawful'. These trials determined that certain Nazi facilities were not lawful military defences, as part of their intention was for direct use against *citizens* outside any military conflict.

Lenin and the Senator pointed out that Pine Gap was an intrinsic part of the USA's nuclear arsenal and that under the terms of MAD (Mutually Assured Destruction) directs nuclear weaponry as much against *citizens* of nations as it does against their military forces. In effect this makes *all* nuclear weaponry and what helps deliver them 'unlawful'. As Australia recognises this via external agreements, Pine Gap's presence is *internationally* unlawful as it is directing nuclear weaponry against citizens of other nations.

It was put to the court that the defendants had a 'lawful excuse' for entering Pine Gap as they sought to inform the personnel there that they were engaged in unlawful activities. The court considered this defence contained "not any genuine element of defence to the particular charge".

Ken Mant-Nath's defence followed an entirely different argument that sought to es-

tablish that the defendants had a 'lawful excuse' for their trespass as each was endeavouring to prevent unlawful activities taking place at Pine Gap. Ken claimed Pine Gap was unlawful under the terms of section 44 (1) of the Australian Constitution.

Unconstitutional?

Ken's point is that, as Pine Gap is a *foreign military* facility sanctioned by the sitting members of Federal Parliament, *it is an acknowledgment by these members of an allegiance, an adherence and an obedience to a foreign power*, in this case the USA. Under section 44(i) of the Australian Constitution members are disqualified from sitting in the Federal parliament, *if there is any acknowledgment by members of an allegiance, adherence and obedience to a foreign power*. This section prevents members using the power of the parliament to serve foreign interests

Ken's defence argues that the powers of the Parliament(s) directed by these sitting members are 'unlawful', including any use of those powers in respect of Pine Gap. His 'trespass' was an attempt to inform those at Pine Gap that they were being given their directives by 'unlawful' authority and were acting "unlawfully" while following these directives. This defence was also ruled as having 'no genuine element of defence' by the court and was dismissed as a frivolous waste of time.

The question of the constitutional legality of Pine Gap still remains to be settled.

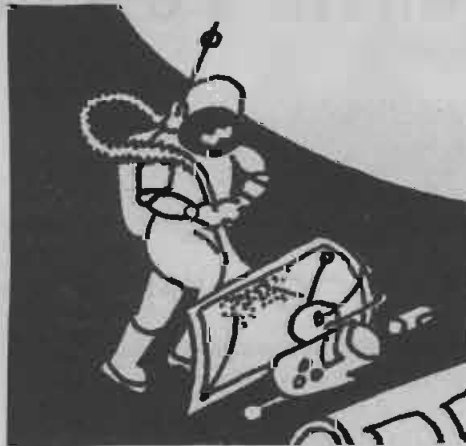
Space Pollution

At least 48,000 human-made objects larger than a centimetre in diameter are now orbiting the Earth, causing a major nightmare for the space programme. Seven thousand of these bits of junk are over 10 centimetres across, according to the Massachusetts Institute of Technology. Other studies place the number of objects at 70,000.

Operating spacecraft make up only 5% of the objects; 12% is debris such as packaging material, 14% is old rocket casings and 20% is spent payloads. The rest is just junk.

The new space station *Freedom* (see news item) will have to be shielded against the shrapnel-like impact of space junk.

But the major problem is that of orbiting nuclear-powered satellites - which sometimes drop their deadly payloads back to Earth. The USSR is believed to have launched 30 nuclear powered satellites.



Last year scientists discovered that a major cause of the mass death of seals throughout the Atlantic Ocean and North Sea is the canine distemper virus. Now it seems that diseased bodies of more than 1,000 dogs dumped off Greenland may have caused the epidemic that has killed off at least 11,000 seals in Northern Europe.

A.P.

What to do with a radioactive town?

Soviet authorities are planning to bulldoze the radioactive 800-year-old town of Chernobyl (population 10,000) to rubble. The Ministry of Nuclear Power has begun razing homes and sees no alternative to destroying the town.

Radiation levels at Chernobyl were recorded at 0.1 milliroentgen per hour last June, twice that of the Ukrainian capital Kiev, 130 kilometres south. Gden, another town 18 km from the plant, has been 'successfully decontaminated', according to *Pravda*.

Writer Whitley Strieber reports in his new book *Communion* that Chernobyl means Wormwood in Ukrainian. Wormwood was the star that poisoned a third of the Earth's waters in the old book *Revelations*. 'Cherno' also means 'black' in Ukrainian.

WORLD GRAIN STOCKS RUNNING LOW

The near future will reveal many results of current changes in world weather and rainfall patterns due to the greenhouse effect which have been barely mentioned amid the flurry of reports on temperature and sea level rises, ozone levels and atmospheric pollution. It only takes a minor shift in rainfall and temperature patterns to rock the real foundations of world civilization - the food supply.

A recent report shows that world stocks of wheat and coarse grain could be down to less than 59 days supply by June 1988.

The United Nations Food and Agriculture Organisation (FAO) said in its latest food outlook that world cereal output would fall for two seasons in a row for the first time in 40 years. FAO is forecasting a drop in international grain stocks to below the "minimum level considered necessary to safeguard food security."

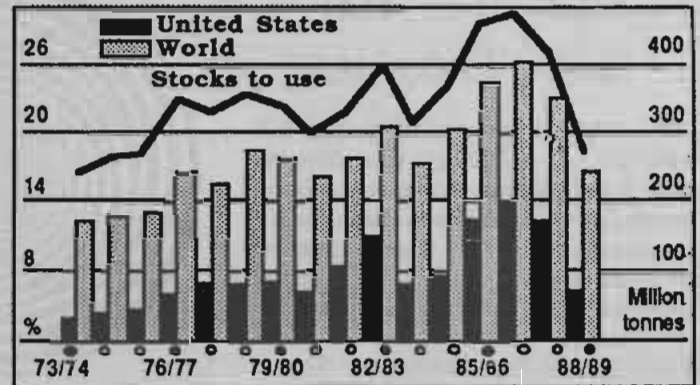
World grain stocks are likely to plummet by 114 million tonnes in 1988-89 - the biggest single-year drop on record. Figures from the US Agriculture Department and the International Wheat

Council indicate a drop of 31 million tonnes in coarse grain stocks by June 1989, cutting stocks to less than 59 days for the world - the third lowest level on record.

"The effects of the North American drought will be far more pronounced in 1989-90, when the stocks are gone and the world is totally reliant on the 1989 harvest," said Mr Peter Perkins, chief commodities analyst with the Australian Bureau of Agriculture and Resource Economics. World cereal production for 1989-89 is now forecast at 1,551 million tonnes - 58 million tonnes less than last year.

The main factor in the decline in world stocks has been the North American drought, which is believed to have cut US and Canadian crops by 110 million tonnes.

Based on USDA data, in June 1989 the world will have about 59 days supply of wheat and coarse grains in stock, in



contrast with 89 days last year - and 56 days at the worst recorded level in 1972-1973.

In Australia, most media discussion has been about how much money we're likely to make from the potential starvation of the rest of the world. Moral questions aside, much of this debate assumes that Australian weather will remain roughly 'average'.

But rainfall is rising in eastern Australia while the west - including large grain-growing areas - is drying out. Just because Australian rainfall is rising generally doesn't mean we're immune to major problems arising from shifts in weather patterns.

Mystery Death Toll Reaches 13

A Marconi marketing director is the sixth person connected to the electronics company and the 13th British defence scientist to die in unusual circumstances in the past 2 years.

Peter Ferry, aged 60, appears to have killed himself in September by inserting mains electric wires into his mouth and turning on the power. Lights at the Marconi command and control centre in Frimley, Surrey, where Mr Ferry's body was found in his flat, dimmed and the computers blacked out for a time.

Police said they were treating his death as "neither suspicious nor accidental". A post mortem showed death by electrocution.

Marconi, part of General Electric and headed by a former Cabinet minister, had major contracts with the Ministry of Defence but is being investigated for allegedly over-pricing defence contracts for a decade.

The Marconi deaths include:

*David Sands, a project manager working on secret satellite radar at the company's Easams



division at Camberley, died when his car, carrying cans of petrol, crashed into a disused restaurant at 130 km/h. The inquest returned an open finding.

*Vimal Dajibhal, a project manager doing low-security work for Marconi Underwater Systems, was found under a suspension bridge at Bristol with a rope around his neck, his trousers around his ankle and a tiny puncture wound in a buttock. An open verdict was recorded.

*Trevor Knight, a computer manager for Marconi Defence Systems, was researching guided missiles. He was found dead in his fume-filled car. Verdict suicide

*Ashad Shari f, a Marconi computer analyst,

found dead in his car with a rope around his neck, connected to a tree. Suicide verdict.

*Victor Moore, who worked at Marconi Space and Defence Systems, dead of a drug overdose. Verdict: suicide.

*Last year Russell Smith, a scientific officer at the ultra-secret UK Atomic Research Energy Plant near London, was found at the bottom of a 46-metre cliff near Camelford, Cornwall. Verdict: suicide by jumping.

A Marconi spokesperson insists the deaths are not connected.

A former colleague of Ferry, who asked not to be named, said: "Some of us were not sure exactly what his job was at Marconi.

"Officially he was one of two assistant marketing directors and he would make regular trips to Washington. Once I had not seen him for so long that I asked someone if he still worked for us." He described Ferry as a "workaholic" who arrived at work first and left last. He joined Marconi seven years ago after leaving the army as a Brigadier a year earlier.

HERCULES' RAY ZAPS THEORIES

A strange ray from the binary system of Hercules X-1, 14,000 light years from the Solar System, appears to have 'atomised' the standard model of physics. Radiating from a neutron star in the system, the powerful beam of 1,000,000,000,000,000 (1×10^{15}) electron volts was first detected coming from the constellation of Hercules in July 1986, at the Los Alamos National Laboratory, USA.

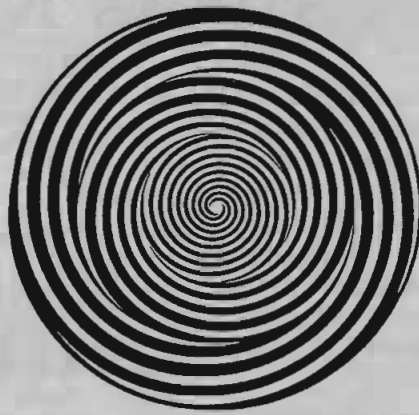
The 'neutron cell' has been estimated as nearly the size of the Moon - quite large for a neutron star, giving it a mass twice that of the Sun. Spinning on its axis about 10 times per second, a neutron star is a massive superconducting magnetic, the residue of a supernova.

The standard model for physics predicts mainly gamma rays radiating from neutron stars that are able to penetrate Earth's atmosphere for detection at the surface. The problem for physics is Hercules' rays were only detected high in the atmosphere in showers of disintegrating particles. This is not supposed to happen in the standard model.

To explain the 'atmospheric dispersion' of the ray, physics may need to consider the possibility of a 'new' particle able to accommodate this finding, according to Dr Darragh Nagle, a physicist at Los Alamos.

The publication of the discovery of this ray was delayed so physicists could double-check the data and attempt to provide preliminary explanations.

- AP



WHERE'S YOUR FOOD FROM?

DDT residues were detected in 1 in 10 samples of food in a national food survey released in October - but the good news is that this was 4% lower than the previous year. Lead was also detected in wines and illegal levels of cadmium were found in samples of breakfast cereals, vegetables and peanuts. Three types of insecticide were also found in bread.

Mother's Milk

Five different pesticides were detected in samples of milk from nursing mothers, according to the Market Basket (Noxious Substances) Survey 1986, released by the National Health and Medical Research Council. The milk contained dieldrin, HCB, heptachlor epoxide, DDE and DDT. 2.6% of food samples also contained Dieldrin.

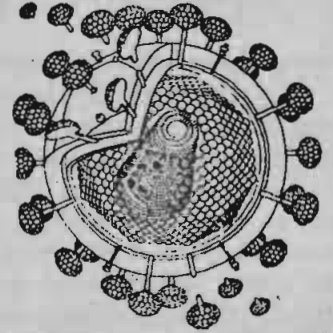
But the survey reports an overall improvement in the purity and healthiness of Australian foods. In no cases were pesticide residues 'unacceptably' high. DDT was only banned last year after it was found in export beef.

Low levels were detected in 109 of 1,075 samples of food taken; beef mince, lamb and pork chops, chicken, canned meat, fish, canned salmon and sardines, eggs, apples, pears and strawberries. Levels were described as 'generally low'.

Unfortunately, these food surveys were recently axed by the Federal Government.

Organic food is available now, probably not far from you. These toxins accumulate at the top of the food chain - in animals. Some organically grown meat is now available as a result of pesticide residue scares, but this is only ONE reason for people to wean themselves off meat.

AIDS: The Real Story



As regular readers of ANY publication will know, a massive amount of information is printed about AIDS. NEXUS researchers have been sifting this mass for quite some time, and many anomalous features of the spread of AIDS came to our attention - so many that we were led to months of research in biomedical libraries to sort fact from fallacy and downright misinformation.

What we discovered has placed a whole new complexion on the nature of AIDS (Acquired Immuno-Deficiency Syndrome) and HIV (Human Immuno-deficiency Virus). We found so much, in fact, that it doesn't fit in NEXUS - so we've printed a NEXUS Supplement in our usual format to present the startling facts uncovered by other researchers and ourselves.

Called *AIDS - The Real Story*, it tells you all the facts - from the World Health Organization, Government Health departments and reputable scientific journals - which paint a very different picture of the spread of AIDS to that which we are normally shown.

Separated into easily-understood sections including *The Heterosexual Myth*, *The Virus Engineers* and *Aids in Africa*, fully referenced and rounded out with a clear Glossography, *AIDS - The Real Story* shows how media hype and scientific misinformation has helped cover up the probable source of AIDS and divert research from the most promising areas of exploration.

It also clearly illustrates why there's no need to panic, and how AIDS is *not* spreading heterosexually.

AIDS - The Real Story is a truly in-depth presentation of the facts behind AIDS, cancer research and presents an overview of what may yet be the tip of a biological iceberg.

If you have trouble finding copies in newsagents or health food stores, this supplement is available direct from NEXUS - see the back inside cover of this issue for details.

GOD SPEAKS TO US JUST LIKE AT THE TIME OF MOSES

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Canadian Land Rights

Canadian Prime Minister Brian Mulroney signed an agreement last September that returns an area three times the size of Victoria to 39,000 Indians, Eskimos and people of mixed ancestry living along the edge of the Arctic Ocean. Signed at Fort Rae in the Northwest Territories, the agreement gives these people 673,400 square kilometres, about 7% of the land mass of Canada, the second-largest country in the world.

The deal opens up nearly 30% of northern Canada to the beneficiaries and cedes them control of the land for traditional activities.

500 Indians swayed to the beat of drums as the agreement was announced by the PM, completing nearly over a decade of negotiations.

"Once we have our own land, we can make a start on regaining the dignity of our peoples," said Stephen Kakfwi, an Indian leader who pushed for the pact. Only 10% of Canada's population lives in the north.

The agreement involves 13,000 Indians in an area stretching from the northern boundaries of Saskatchewan, Alberta and British Columbia to the Arctic Ocean.

The pact also entitles the Indians to a cash settlement of \$A500 million, paid over 20 years. Another deal still being negotiated will settle claims of 17,000 Eskimos who live in the Northwest Territories in an area including nearly all of Canada's Arctic islands, granting them another 353,600 square kilometres and \$A600 million.

New York Times



Native Animals Save Land

Kenyan rancher David Hopcraft has been conducting experiments on his land on the Athi Plains, 40 km from Nairobi, to demonstrate that Africa's indigenous animals have a profound effect on its soil.

Stocking cattle and gazelles on adjacent plots of land, he has discovered that it may be environmentally and economically necessary to raise native animals rather than livestock.

The land plots occupied by gazelles grew thriving grass, whereas the plots occupied by imported species of cattle grew only sparse vegetation.

Cattle cause a big loss of grass cover, especially around waterholes - at which they must drink more often than native wildlife. But Mr Hopcraft says the real key is a hormone in indigenous animals' saliva, faeces and urine which acts as a catalyst to boost local plant growth.

In Kenya's Rift Valley 25 years ago he saw dust storms that were the first signs of desertification.

"People said it was just overgrazing. But then I realised that could not be because there were fewer animals there than I had seen in wildlife areas," he said. After studying for a

NATIONS TO SHARE SPACE STATION

Twelve countries are embarking on a joint project to build a what US officials have described as the biggest joint high-technology venture ever undertaken.

The United States, Japan, Canada and the European Space Agency (comprising West Germany, Italy, France, Belgium, Britain, Denmark, the Netherlands, Norway and Spain) have committed a total of around \$A30 billion to the project, according to NASA - over \$A20 billion from the US.

The space station, named *Freedom* by President Reagan, will comprise a large US complex with attached European-made modules operated by an eight-person crew.

But the US is planning to use the station for research and development of their Strategic Defence Initiative (Star Wars) programme. They have reserved the right to conduct research in its own section of the station but agreed not to do so in the modules of other countries without their approval.

Although unable to participate directly, Australia will be a supplier of components.

Reuter

NEW AUSTRALIAN NUCLEAR WASTE DUMP

Plans for a new radioactive waste storage plant in Queensland were announced in late October. To be set up in the Redbank industrial area near Ipswich, west of Brisbane, the plant is needed to replace a 'faulty' plant in Brisbane's central district, according to the Queensland Minister of Health.

master's degree in wildlife science at Cornell University and experimenting on his 8,000 hectare ranch he is convinced native wildlife is good for the land and that imported livestock harm it.

He encourages meat eaters to switch to a diet of native animals and raises about 15 species on his ranch for consumption in Nairobi restaurants. Farming native animals requires less in the way of water supply, fencing, fuel, pumps and research institutes trying to find new ways to keep cattle alive.

Reuter

Radioactive Food

IRRADIATED FOOD HERE

Cobalt-60, Caesium-137 and Caesium-134 are used to irradiate food for 'preservation'. This process is known as Food Irradiation or 'Ionising Energy Process'. Laboratory animals fed irradiated food have shown abnormally high incidences of; chromosome damage, chronic reproduction problems, leukaemia, reduced lifespan, severe kidney disease and severe testicular tumours.

Irradiating food destroys many vitamins, enzymes, proteins, carbohydrates and amino acids, creating *Unique Radiolytic By-Products* - poorly-understood molecules which differ with each batch and can't be adequately tested - which are suspected to cause these effects. It also produces carcinogens like benzene and formaldehyde.

Irradiation requires production, transport and storage of nuclear materials and is a 'profitable' use for nuclear waste.

POSSIBLY IRRADIATED

The following foods have possibly been subjected to food irradiation;

Break orange juice (reconstituted - probably from Brazil); Continental Soup; *Embassy*; German Caviar; Glo juices; Go Pet Chew Bone; Iraqi dates; *Kitty's Dinner* - Pilchards in Prawn Jelly; Korean mushrooms; Netherlands or South African foods generally; Popper packs; Prima pack fruit juice; *Snappy Tom*; Thai cooked peeled prawns; US or European herbs or spices ★

- Contact Campaign Against Food Irradiation or Hippocrates Health Centre (075) 30 2860 for more information

LAUNDERING PLUTONIUM

Two hundred milligrams of plutonium may not seem much, but for Transnuclear - a nuclear waste transport subsidy of NUKEM, West Germany's largest nuclear fuel maker - it was worth enough *not* to declare it to the EEC's nuclear watch-dog, Euratom.

In October 1987, a truck carrying drums of nuclear waste overturned on its way to the Belgian nuclear plant at Mol, now being used for various nuclear 'studies'. Such an accident was bad enough in itself, but when radioactivity was checked at the accident site the levels were far in excess of those stated on documents. What followed has turned into Europe's major nuclear scandal.

It's alleged that the director of waste-handling at Mol was bribed by Transnuclear to accept nuclear waste up to five times more radioactive than documents claimed, compact it, burn it or chemically, treat it and then return it to Nukem for storage. This could only have been achieved if safety officers located at various plants throughout Germany falsified the documents. 80% of these plants have their fuel supplied by Nukem. A safety official at a plant at Hesse committed suicide during investigations into the truck accident, and the manager of Transnuclear was found dead in December 1987 after allegations he had spent A\$10 million in bribes. Transnuclear claims what has been uncovered is a 'few mislabelled shipments' of harmless low-level waste hardly worth counting. But it was worth \$10 million to someone.

Mol is a research institute; 5% of its funds come from handling wastes. Mol has been running a large deficit from a low fund base for several years, and has been touting for business in fuel reprocessing, decontamination and extraction - processes handled on a much larger scale by Nukem.

Why would Nukem, with a reputation to uphold, risk sending illegally described amounts of radioactive wastes half-way across Europe, to have them compacted and treated and then sent back? Investigations have revealed that some doctored documents on return shipments described the waste as 'German' instead of 'Belgian', while back at Mol German waste is marked 'Belgian'. Such an exchange suggests plutonium is being smuggled in low-level wastes (making it highly radioactive), extracted at Mol and returned as low-level waste to Germany. This replaces the German waste used to smuggle the plutonium, which is then transferred into Belgian wastes stored at Mol.

None of this would be necessary if German plants were producing the predicted amounts of plutonium in nuclear reactors. It's been known for some time (within the nuclear industry) that plants produce higher levels of Plutonium than expected. If Nukem is extracting more Plutonium than expected from used fuel rods, then some way would have to be found to conceal the excess plutonium ★

HOT FOOD

Foods from the following countries may be irradiated with Caesium 137 (half-life 30.2 years, hazardous life of 600 years) from the Chernobyl reactor accident. Avoid them!

ALL FOODS FROM

Albania	Andora	Austria
Belgium	Bulgaria	Czechoslovakia
Denmark	Fed. Rep. of Germany	
East Germany	Finland	France
Greece	Hungary	Ireland
Italy	Liechtenstein	
Luxembourg	Monaco	Netherlands
Norway	Poland	Portugal
Rumania	San Marino	Spain
Sweden	Switzerland	Turkey
U.K.	U.S.S.R.	Yugoslavia

List taken from Australian Customs Dept (with exception of UK) notice of countries requiring entry permits since Chernobyl.

Importers sometimes repackage and re-label food from some of these countries so that it appears to originate in Australia. In Sydney, for instance, blackcurrant and apricot jams have been marketed by Franklin's under their *No Frills* label imported from Bulgaria. Some foods and herbs labeled as originating in Australia are in fact imported and have merely been packed here ★



A BASIS FOR "NATURAL" MEDICINE

Sue O'Neill

“Natural Medicine” is a term which generally describes the use of ‘natural’ means which are harmonious with the body to effect a cure. ‘Natural medicine’ is a term that has almost lost its true meaning in the wake of technology which is making its presence felt in ‘natural medicine’ professions - the ever-increasing use of vitamins, minerals and food supplements and the enormous variety of natural therapeutic techniques which are now available. Where does a person start?

There is evidence to suggest that herbs have been used since the dawn of humankind. The original inhabitants of this planet were (and some are still) hunter/gatherers, and used herbs extensively as foods, medicines, clothing, and for aesthetic and religious purposes.

So-called ‘primitive’ human-kind would have gained their knowledge of herbs from observing the behaviour of animals around them (perhaps noticing that a sick animal would repeatedly graze on a particular plant until it recovered), and also from their own experience. There is certainly evidence of the use of herbs and aromatic substances in ancient civilisations. The Greeks, Chinese, Indians, and Aztecs had very advanced holistic healing systems. In the recorded history of Western Civilisation, the Greeks stand out as those who have influenced Western natural medicine the most.

Hippocrates the Great (460-377BCE) has been called the ‘Father of Medicine’. He came from a long tradition of healers called the AESCULEPIEADS who were said to be direct descendants of AESCULATIUS, the Greek God of Medicine and Healing, who was himself a living physician and was later deified (Atlantean).

Hippocrates travelled widely in the East and was a well known physician in his time. He regarded the body as a whole. Many of Hippocrates’ works are recognised as showing advanced scientific thought and great skill in clinical observation. One of these, in which he discusses the importance of diet, makes a significant point in this age of ‘fad’ diets. He says that what is good for one person is not necessarily good for another, and what is good at one time is not necessarily good at another. He also stresses the importance of the effects of environment on health. In all traditional forms of natural medicine, environmental factors are important in assessing the cause of disease and maintaining good health.

General nutrition includes AIR, WATER, FOOD, EXERCISE and REST in balance, keeping good company, creating positive thoughts and including spiritual nourishment in one’s life.

Hippocrates said: “it is not enough for the physician to do what is necessary, but the patient and the attendant on the patient must do their part as well, and the circumstances must be favourable”.

Part of the success of a natural cure is dependent upon the co-operation and participation of the patient in their own healing.

Hippocrates believed that the human body is largely a self-healing system and needs only a little intervention and a proper lifestyle for health to be restored. He followed the Elemental or ‘Humours’ theory.

This belief system replaced any need for knowledge of physiology as we know it; anatomy was observed via the treatment of injuries, as dissection of corpses was against the Aesculepiad tradition. The Hippocratic school acknowledged the metaphysical aspects of existence and that human beings are more than flesh and blood, being made up of interdependent and ever-changing energies in

endless combinations of air, fire, water, earth and ether, and that all living things are pervaded by a life force.

The ancient schools of medicine were successful because they developed intuitive healing methods which allowed a holistic approach to healing. The Hippocratic physician observed the character of a disease and interceded at points of crisis with a sympathetic medicine to *aid* the healing process, not interrupt it - striving to strengthen the body, not weaken it. Diseases are not to be suppressed, but encouraged to run their course.

In my practice as a herbalist/aromatherapist today, I think the most frustrating aspect of treatment is the expectations of most patients that:

- 1) They want you to fix them as soon as possible, preferably yesterday!
- 2) They shudder in horror when you explain the basic laws of nature cure - which boils down to them being major participants in their own healing process!

Of course it’s desirable and possible to give some symptomatic relief, but true nature cure often takes a level of perseverance and courage which many 20th century folk have lost the knack of (author not excluded)!

Nature’s cures are what most traditional medicine is all about ★

AIDS -

Described by Dr Harry Sabin, developer of Sabin Oral polio vaccine, as "the micro-biologist who most probably knows more about retroviruses than any other," Professor Peter Duesberg is the experts' expert.

Discoverer of the cancer-causing 'oncogenes', Peter Duesberg is adamant that Dr Robert Gallo's little bug HIV (Human Immuno-deficiency retroVirus), the villain in the A.I.D.S. drama, **does not** cause AIDS. Ironically, Duesberg is the mentor of Gallo, co-discoverer with Luc Montagnier of the HIV retrovirus.

"Inject some pure, uncontaminated HIV into my veins," says Duesberg, **"and I am confident I will not get AIDS."** - an incredible public challenge from a man with the credentials and personality of Professor Peter Duesberg!

The operative word here is **uncontaminated**. On the surface Duesberg's 'challenge' is the sort of media-grabbing stuff expected of cranks. Threatening such drastic action to prove your theory is 'unscientific', causing Duesberg's colleagues to brand his approach as dangerous. Yet none of these critics accused French researcher Dr Daniel Zagury of the same thing when he injected himself with a preliminary, untested AIDS vaccine in February 1986. He didn't get AIDS. - but AIDS is hard to catch.

However, Zagury only injected a substance designed to prevent AIDS - a somewhat pointless exercise unless you intend to expose yourself to the virus. Duesberg is not suggesting injecting a vaccine, but the **pure retrovirus HIV** - claimed as the cause of AIDS - a rare and courageous challenge which strikes at the objective heart of medical research. It calls the medical research establishment that Duesberg has taken issue with the conventional view of AIDS, not by presenting an alternative theory but with this 'challenge' to the standards of objectivity being applied.

He is saying to the world that medical 'research' cannot be trusted any more - that it has lost its way.

Psychology of Research

None of this is addressing the physiological aspects of AIDS, dealing more with psychological dimensions which include the attitude of medical researchers. Duesberg's view, vindicated in Zagury's 'mad science' stunt, is that medical research is more interested in finding a 'cure' for AIDS than in being objective in interpreting the evidence.

But isn't finding a cure what it's all about?

Yes, but to find the cure means *knowing what causes the disease*. Duesberg is saying HIV does *not* cause AIDS and medical science's conviction that it does isn't based on objective proof, but on circumstantial evidence subjectively organised to derive 'readily curable' causes. Grants and fame are what researchers now pursue - the 'cure' is merely a means.

Duesberg is not the sort of scientist to do extreme things like conduct experiments on himself with potentially lethal viruses, if he thought they were only *probably* harmless. Remember,

The Duesberg Challenge

Duesberg may know more about retroviruses - the class of virus that includes HIV - than anyone else, according to Sabin.

"Most animal and all human retroviruses so far discovered (except HIV) are neither pathogenic nor carcinogenic," says Duesberg, **"and are usually only associated with benign disorders."**

This does not exclude HIV from being pathogenic or carcinogenic. Its clinical and epidemiological association with AIDS lends a high probability of it being the cause, even though no other retrovirus performs like HIV. Yet Peter Duesberg, pure scientist, fully aware of these circumstantial associations, is still prepared to take the risk and inject HIV into his veins.

Or is he?

Perhaps Duesberg's 'challenge' is not quite what it seems. It is at this point we return to the idea of **uncontaminated** HIV.

This is Duesberg's **one** condition. What he is prepared to inject is **uncontaminated** HIV; that is, HIV that has been completely isolated from the human body and is bio-chemically active in culture.

This holds the key to Duesberg's outrageous 'challenge'. He is confident that medical science will not be able to fully isolate HIV and provide an uncontaminated sample. In fact he is so confident it can't, he is prepared to stake his life on it!

It's a calculated gamble by a man who knows his 'field', *for if HIV can't be 'decontaminated' then there is a high probability it is not the primary cause of AIDS.*

The notion that a lethal killer has to be 'decontaminated' - made clean - is paradoxical. Yet microbiology demands such 'decontamination', as it is this isolation of a virus that determine whether or not it is the cause of a particular disorder.

Isolating HIV isn't easy. In fact, retroviruses are one of the most difficult micro-organisms to isolate from their ecology due to the fragility of their RNA genome (genetic code). So fragile, in fact, **that on contact with the atmosphere its genome dissolves in ten seconds, totally deactivating our 'lethal killer'.**

For this reason retroviruses are not normally found outside body fluids and up until the first human retrovirus was uncovered, were described as *endogenous* - that is, they are usually found attached as part of the genetic code of the organisms they are discovered in.

By the mid-seventies the endogenous category had more or less been abandoned and the tendency was to view all viral disorders as *exogenous* - that is, coming from a source other than the organism's own DNA. AIDS, being a contagious disease, slipped easily into the exogenous category.



Cats with AIDS

Yet way back in the early sixties, a Glaswegian research team discovered that when FELV-1 (feline leukaemia virus) that had developed in cats with leukaemia (though not as the cause) was transmitted either sexually, orally or by some other exchange of body fluids, the recipient cats displayed immuno-suppression characteristic of the later human AIDS condition (cited by Gallo).

Before this transmission took place (and it should be noted that it took place accidentally) FELV-1 was categorised as endogenous. *It was known not to be the cause of the leukaemia, as this had come from human blood samples injected into the cats.* It was considered to be a benign micro-organism - "a laboratory curiosity" as Gallo described it - a 'side-effect' of the rearranged pathology of the cats.

After its accidental transmission had been discovered as the cause of the immune suppression, confusion broke out among researchers as to what category it should now be placed in.

As the cats were 'unrelated' - that is not of the same family - researchers defined the condition as **exogenous**. Its 'transmissibility' supported this view.

But when is a cat 'unrelated' to all cats? Some would say when it's a dog - in other words it only truly becomes 'unrelated' when it's no longer of the same species. The apparent 'unrelatedness' described by researchers reflects the 'nuclear' concept of relatedness in 1960s biology, rather than the 'extended family' view of relatedness science is approaching. In this 'extended' view, the 'disease' fills the criterion for an *endogenous* condition, ie that FELV-1 is an immune response by the cats to 'alien' blood - in this case, human.

What FELV-1 demonstrated back then has a profound effect on how we view human AIDS today. In FELV-1 we have an **endogenous** retrovirus with no apparent effects - exactly as Duesberg describes - occurring in one member of a species, that when transmitted to a member of the same species causes a much more dramatic effect similar to human AIDS.

In other words, it looks like a *body-specific* immune component released as a response to 'foreign' blood, which when trans-

mitted to any other member of that species can cause their immune system to become confused.

What it does to members of other species is another question.

In the mid-1970s a USSR research team was reported to have located an antibody in human faeces able to deal effectively with an almost unbelievable variety of disorders. It promised to be the ultimate antibody.

There were two problems they faced, however. One; the antibody was incredibly difficult to isolate and hold in suspension in culture. Two; it was *body-specific* - only effective as an antibody in that person, displaying no effect in any other individual.

More recent AIDS research from the USA has revealed that massive accumulations of HIV have been found in the macrophage lymph tissues where T4 and T8 immune cells pick up their instructions. Research indicates that 12%-58% of macrophages from AIDS patients are infected with HIV. Studies show that HIV-infected macrophage makes a substance that prevents T4 cells from proliferating. The T4 cell provides HIV with its incubator - without these cells it can't reproduce! If HIV is 'infecting' this macrophage lymph tissue, why would it instruct it to stop producing what it needs to reproduce itself?

Is HIV something else again? As Duesberg points out, where there are antibodies present with a disease the body is successfully combating it. While those anti-bodies are present the disease isn't likely to be fatal unless it is generating a high mortality rate among the cells it infects. HIV is detected via its antibodies - a fact calling into question HIV's 'killer' image, which is further limited by the fact that the mortality rate of T4 cells in AIDS cases is between 10,000 to one and 100,000 to one, a very low rate, 5000 times slower than the minimal cell mortality required to cause death!

This is not the pathology of a 'killer disease which destroys the immune system'!

So what is HIV?

Researchers induced leukaemia in cats, from which a retrovirus, FELV-1, appeared as a harmless 'side-effect' while it remained in the parent organism. But when transmitted to similar organisms it causes havoc in their immune systems. Why the immune system? Do these retroviruses have an affinity with it? If they are part of the parent organism's immune system, it's likely that in similar organisms they will tend to migrate to the immune system.

HIV does funny things. Sometimes it kills T-cells; sometimes it helps them grow. Sometimes it blows holes in them; sometimes it merely confuses them, or does nothing at all. Its inconsistency is confusing, just as if it were confused!

Professor Duesberg says HIV is not the cause of AIDS, and if anyone's opinion on retroviruses is worth considering, his is.

If HIV is not the cause of AIDS, yet is almost constantly present with AIDS, then it is associated with AIDS in much the same way that antibodies are associated with disease - so intrinsically that HIV is detected via 'anti-bodies' to it.

Wherever a disease goes, its antibody is never far away. And wherever AIDS is found HIV is never far behind! HIV may not be the cause of AIDS - but could be a reaction to it ☆

John Sword

Further Reading

Scientific American December 1986, Sept. 1987
New Scientist, March 3rd, April 28th, May 5 1988
Discovery, June 1988

Egyptian History &

Dr Immanuel Velikovsky was one of the twentieth century's great scholars. He sought to solve a mystery and in the process generated enormous controversy in the fields of archaeology, astronomy and cosmology. The attack by many members of the scientific community on his work, their attempts to intimidate his publisher and suppress his evidence have made Velikovsky the Galileo of our time.

The story starts in 1939. Then Dr Velikovsky, a practicing psychoanalyst who had studied with Freud, went to the US to research a book on three dominant figures of the ancient Mediterranean - Moses, Oedipus and Akhnaton. When he was nearly complete a question arose about the time of the Exodus of the Hebrews from Egypt. Although recorded in detail by the Hebrews there was no equivalent record in Egyptian history. Why?

Under the conventional chronology of Egyptian history, the time period usually considered for the Exodus causes problems. For many other events in Hebrew history there appear to be no Egyptian counterparts either - but these two nations existed beside each other for centuries, according to the Hebrews. Velikovsky's answer to this lack of correlation was to suggest that the accepted chronology of ancient Egypt was out by 500 years. He noted that our dating of Egyptian periods came from the dynastic records handed down by Ptolemy and Agrippa, and that the reigns of the Pharaohs - used to date Egyptian history - had been strung together one after another. The key to the 'missing' half millennium was that there were many 'co-regnal' periods where the reigns of monarchs overlapped or were indistinct. In his revised chronology many events in Hebrew history were found to have their counterpart in the Egyptian record.

The new chronology was built from the archaeological evidence found in the ruins of ancient Egypt. From remaining papyrus and pottery, tomb paintings and monuments a new story emerged. Because the histories of Greece, Assyria, Babylon and Judea were all dated from the dynastic records of Egypt, Velikovsky's work became highly controversial. In 1945 this was limited to a specialist field, but his next publication, in 1950 aroused widespread controversy.

Worlds in Collision was Velikovsky's explanation of the cause of this amnesia in our collective memory.

The Comet Venus

The ancient civilization of Egypt was nearly destroyed in a cosmic catastrophe that endangered the entire planet, according to Velikovsky. Everywhere, huge resources were devoted to study of the skies. It's widely known that ancient civilizations in Asia, the Americas, Europe and the Middle East were highly advanced in astronomy. While we accept this as a common feature of our past, why were so many people interested in the study of the movements of the planets? Why is the alignment of astronomical instruments found in Babylon

2.5 degrees out from the present alignment of the Earth? Why did calendars constructed between the middle of the second millennium BCE and 800 BCE have 360 days and months of thirty days? Why do even earlier calendars have days, months and years of different lengths again?

Velikovsky's answer was that the Earth and Mars had been involved in repeated near collisions with a gigantic comet since our recorded history began. The events described in the Exodus and in Egyptian papyri are a vivid description of an age in chaos - plagues, turmoil and darkness, and the flight of the Hebrews from Egypt toward a 'column of fire' in Sinai.

The Earth was momentarily slowed down and its axis slightly altered as the comet passed by. Electrostatic forces caused discharges to arc between the Earth and the comet, turning the skies to fire and the forests to flame. The crust was rent, volcanoes erupted, earthquakes rocked and darkness enveloped the world - the time of the Exodus. 700 hundred years later Isaiah, Joel and Amos described another series of upheavals; the Sun appeared to stand still in the sky. Although slightly dislodged from its axis and orbit again, the Earth fared better this second time. These were, in fact, the last two acts of a cosmic drama; the earliest act of which we have records is called The Deluge.

"All cosmological theories assumed that the planets have evolved in their places for billions of years... Venus - was formerly a comet and joined the family of planets within the memory of mankind... We claim that the Earth's orbit changed more than once, and with it the length of the year; that the geographic position of the terrestrial axis and its astronomical direction changed repeatedly and that at a recent date the polar star was in the constellation of the Great Bear." - *Worlds In Collision*, p. 361

Velikovsky believed that the origin of the comet that was responsible for changes in the Earth's orbit was in the proto-star we know as Jupiter. This idea outraged the scientific community. But his theories about the natures of Jupiter and Venus have not yet been proven wrong. He said that because Venus was younger than the other planets, its surface temperature would be much hotter and its atmosphere denser than astronomers believed; these predictions were proven correct.

Cosmic Catastrophe

He predicted Venus would be found to have orbital anomalies in relation to the other planets; Venus has since been found to rotate on its axis in reverse direction to the other planets, and its day is longer than its year. We now know that parts of the atmosphere of Venus rotate in 4 days (with winds of up to 400km/h) while the planet itself rotates in 243 days. Both these rotations are retrograde. One of Velikovsky's hypotheses for the slowing of the Earth's rotation which made the Sun appear to stand still was that the planet was engulfed in the extended atmosphere of the comet Venus. Some of the diurnal rotation of the Earth was imparted to this dust-cloud according to Velikovsky, which fits the eccentric characteristics of the Venusian atmosphere.

The comet spiraled past the Earth in an ever-decreasing path around the Sun before taking up its present orbit as the planet Venus. He further cites evidence to show that the Earth interacted with Mars on a number of occasions when writing was better developed than during the Venusian encounters, after Venus flipped Mars out of its orbit. Disturbances caused by the passages of Mars consisted of earthquakes and electrical discharges. Most of the 'Mars events' took place within a 90 year period. This may sound far-fetched, but Velikovsky's evidence and the predictions he made from it have stood the test of nearly four decades of investigation. As in his previous work, Velikovsky amassed an impressive range of evidence to support his case.

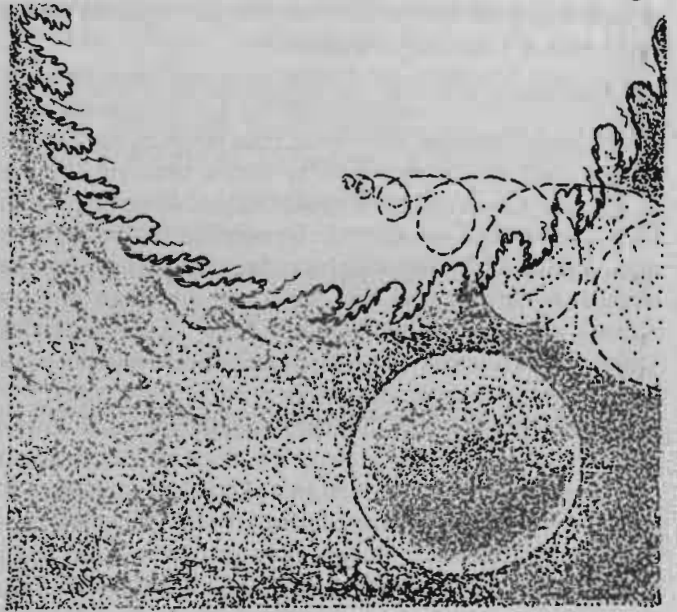
Mythic Keys

To support his interpretation of the Hebrew and Egyptian histories Velikovsky searched the records of the civilisations of the eighth and fifteenth centuries BCE. In his last book he described his many years of research as sitting at the feet of sages "to listen to those who lived close to the events of the past ... I realised very soon that the ancient sages lived in a frightened state of mind". What became quickly apparent was the similarity of the events these peoples had experienced, and the fear that global upheavals associated with planetary encounters had inspired.

The legends of the past are folklore, but the similarity of motifs from five continents and Pacific Ocean islands is striking; witches on brooms, the dragon and the scorpion, an animal with many heads and winged body, a woman whose veils stream behind her - these images are universal cosmic myths recording the characteristic shapes possessed by comets.

Velikovsky tracks the motif of the sun being trapped in its movement through the tales of the Polynesians, Hawaiians and North American Indians. Like the Middle-East civilisations, they have the story of the sun being snared and freed by a

The Ideas of Velikovsky



mouse. In the Hawaiian version Maui caught and beat the sun, which begged for mercy and promised to go more slowly ever after. At the same time new islands appeared. The Ute Indians tell of a piece of sun setting fire to the world, which was broken off by a rabbit after the sun rose, went down and rose again.

The legend of the cosmic battle of the planetary gods is familiar to us all. In the Homeric epics the Greeks choose Athene/Venus for their protector, the Trojans Ares/Mars. A similar situation existed in ancient Mexico. The Toltecs worshipped Quetzal-cohuatl/Venus, but the later Aztecs revered Huitzilopachtli/Mars. The identity, conflict and features of the planetary gods are consistent across the ancient world.

Chinese chronicles record two suns doing battle in the sky and the disturbance of the other planets this caused. Mars was pursued by Venus, the Earth shook, glowing mountains collapsed, "the customs of the age are thrown into disorder ... all living beings harass one another". An old textbook of Hindu astronomy has a chapter on planetary conjunctions. A planet can be struck down or utterly vanquished, and the victor in these encounters is usually the planet Venus. A juncture of the planets is called a *yuga* in Hindu astronomy; the ages of the world are also called *yugas*.

An association for the planet Mars with the wolf is also common. In Babylon one of the seven names of Mars was wolf. An Egyptian god with the head of a wolf prowled the land. The Romans used the wolf as the animal symbol for Mars. Slavic mythology has a god in the shape of a wolf, Vukadlak, who devoured the Sun and Moon. In the Icelandic epic the Edda, the god that darkens the Sun is the wolf Fenris, who battled the serpent Midgard in the heavens above. A Chinese astronomical chart quotes ancient sources in saying "once Venus ran into the Wolf-Star".

Nature's Evidence

In *Earth in Upheaval*, Velikovsky excluded all references to ancient literature, traditions and folklore;

"This I have done with intent, so that careless critics cannot decry the entire work as tales and legends. Stones and bones are the only witnesses."

All over the coast of Alaska there are great heaps of smashed bones of extinct animals mingled with uprooted trees and the occasional flint spearhead. Four layers of volcanic ash can be found in these remains of splintered trees and dismembered bodies. In the polar regions of Siberia and on the Arctic islands there are hills of broken wood piled hundreds of feet high, and beyond them hills of mammoth bones cemented together by frozen sand. On one island the bones of these animals were found with fossilised trees, leaves and cones. When the mammoth lived in Siberia there was abundant vegetation.

Spitsbergen is nearly 79 degrees north; yet fossil flowers and corals and beds of coal thirty feet thick have been found. Antarctica is known to have seams of coal at a latitude of 85 degrees. For this coal to have formed, the polar regions must have had great forests in the past. How can relatively recent and sudden changes in the Earth's climate and simultaneous widespread destruction of plant and animal species be explained?

The violence of this destruction can be seen across Western Europe where every major rock fissure is filled with the bones of animals, splintered and smashed into fragments. One

1,400ft hill in France is capped by the remains of mammoths, reindeer, horses and other animals. America has beds of fossil bones containing 100 bones per square foot, deposited in sand. Some of these are over 200 ft high. The hills of the Himalayas and Burma contain similar beds of bones. In China, among these fractured bones, the skeletons of seven humans were found. European, Melanesian and Eskimo types were lying together. Extinct and extant species of animals have been found mixed together in English deposits.

Wrecords

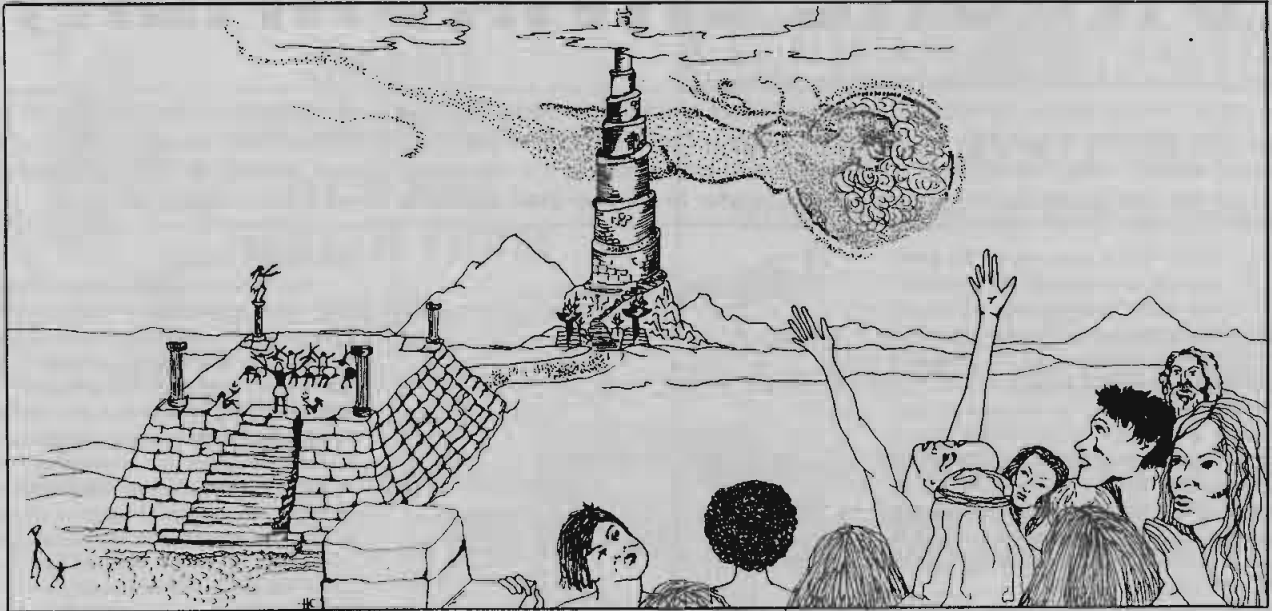
The conventional theory of slow and uniform geological processes cannot explain these deposits - instead, they are evidence of major catastrophes which have struck the planet. Velikovsky suggests a giant tidal wave which engulfed the world that picked up and carried plants and animals over a great distance and smashed them intermingled into common graves. This and the transformation of the Earth's climate are explained as consequences of the rapid change of the Earth's axis brought about by a near-collision with another planet.

The geological record tells a similar compelling story to that which paleontologists have unearthed. At 1,400 ft (400 metres) altitude in the Andes there are high water surf marks lined with undecayed seashells. There are many ruins surrounded by terraces for cultivation on the dry West side of the Andes. On the East side, terraces continue far past the permanent snowline. Before the last lava sheet spread over Columbia there were human settlements there, the remains of which have been found. That the Andes mountains were raised in fairly recent times by unimaginable forces is one conclusion.

The ocean floor around the globe also bears witness to flows of lava and volcanic ash which covered a violently shifting bedrock while tidal waves battered the continents. There were once dry land and beaches in many places where the Atlantic Ocean now lies. The bottom of the seas show that the Earth has been showered with meteorites on a very large scale, leaving clay deposits rich in nickel, radium and iron.

When the Earth's axis was shifted by the interaction of the Earth's and the planet's magnetic fields, magnetic eddy currents formed in the atmosphere. These generated great heat and melted rocks on the surface. As this rock cooled, it reformed with a different magnetic polarity to surrounding strata. All over the world, similar local rock formations are found with their magnetic polarisation reversed. For this to be the case the Earth's magnetic field must have been reversed when these rocks were formed. Also, rocks with this inverted polarity are far more strongly magnetised than the Earth's magnetic field alone can account for.

Why was volcanic activity so common in the recent past? How was the sea floor raised and lowered around the world? As the Earth's axis shifted in earlier times, the inertia of air and water caused hurricanes and tidal waves; the stress on the planet caused vulcanism and an outpouring of magma, sending up clouds of volcanic ash that threw a cloak of darkness over a sunless world.



The heat generated by these forces evaporated seas. In some places torrential downpours formed great streams running through recently opened fissures in the Earth's crust which suddenly eroded the landscape. Elsewhere, snow fell and covered the land with continental ice sheets. At the poles, a permanent snowcover grew as the land cooled.

Climatic changes, ice cover, mountain building and the reverse magnetic orientation of rocks are explained by Velikovsky's theory of cosmic catastrophe. However, the accepted view of the Earth's geological history is known as *uniformitarianism*; where the gradual workings of natural forces has produced the world as we know it. Needless to say, Velikovsky aroused as great a controversy in geology as he had previously in archaeology and astronomy. The defenders of uniformitarianism disliked Velikovsky's ideas at least as much as their fellow scientists had.

Velikovsky Attacked

Publication of *Worlds in Collision* caused a violent reaction; astronomers everywhere denounced and decried the book. They threatened to blackban Macmillan, the publisher, who was forced to withdraw the book from circulation. Under pressure, Macmillan transferred publication rights to Doubleday, who did not have a textbook department and burned their unsold copies.

In reviews in reputable journals and public statements, academics and scientists even criticised some of Velikovsky's works before anyone had read the manuscript. Conferences were held to show Velikovsky's theories were wrong.

Velikovsky died on November 17th 1979 at the age of 84. As more is learned about our solar system, some scientists have

realised that his theories might conflict with accepted ideas, but not actually conflict with the facts.

Rising From Amnesia

Velikovsky theorised that humanity suffered a collective amnesia on the subject of catastrophes. As a reaction to the repeated near-destruction of human civilization, a deep scar has been left on the human psyche. Although the solar system has been settled for 2,700 years, he notes a 700 year cycle in the human collective consciousness. Christianity in the 1st Century AD and Islam in the 7th were both founded on apocalyptic visions of the transformation of the world by fire. The 14th Century was the time of the Black Death and the Hundred Years War which reduced the population of Western Europe by two-thirds.

Velikovsky's fear was that in the 21st Century this trauma would be re-enacted by humanity, who is now in possession of the means of its own destruction.

An examination of the facts may help the recall of our racial memory, the suppression of which could be the cause of great violence in our history ★

The Books of Velikovsky

<i>Worlds in Collision</i>	©1950
<i>Ages in Chaos</i>	©1952
<i>Earth in Upheaval</i>	©1955
<i>Oedipus and Akhnaton</i>	©1960
<i>Peoples of the Sea</i>	©1977
<i>Ramses II and His Time</i>	©1978
<i>Mankind in Amnesia</i>	©1982

- Gerard

ORGONE ENVIRONMENT

Last issue I wrote about the incredible potential for helping the planet offered by the electrical technology of Nikola Tesla. The disadvantage with Tesla's technology is that it's beyond the means of most individuals. In this issue, we present a technology that's easier to implement and is within the means of almost everyone. But be warned! The science behind this technology requires the reader to give up their orthodox views of how reality works.

Wilhelm Reich was one of the great natural scientists of this century. His keen observations of nature took him to conclusions far in advance of the orthodox theories of science and into conflict with the scientific establishment.

Reich is best known for his work in psychoanalytic movement of the 1920s. Freud looked on Reich as his potential successor, as he had Jung, but Reich's views on sexuality were too radical for Freud. Reich's sexual psychology led to such therapies as Gestalt therapy, Bioenergetics, Primal Therapy, Rolfing and Rebirthing.

In his clinical work, Reich came to regard the libido as a type of energy and coined the term "Orgone" to describe it. His researches developed to the point where he saw its operation in the atmosphere, and he devised a means of accumulating it in specially constructed boxes which he used to treat his patients.

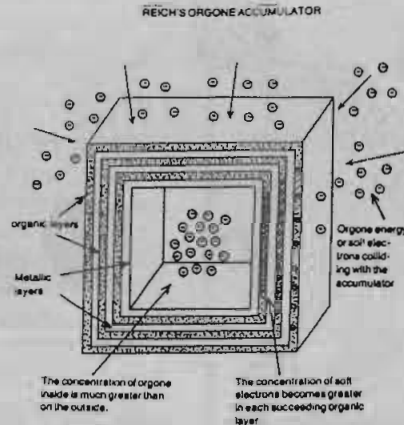
Reich regarded his later work on orgone as more important than his earlier groundbreaking work on sexual psychology. His discoveries on orgone's relation to the atmosphere are so far-reaching in their implications that no one with an interest in ecology can afford to ignore them.

Orgone is not the same as negative ions, but is associated with them. The Orgone radiation emitted by organisms produces the auras seen by psychics and sensitives.

In 1952, Reich hit on the idea that concentrated orgone could diminish the harmful effects of nuclear radiation. He embarked on what has come to be known as the Oranur experiment, *Oranur* being an acronym of *orgone and nuclear radiation*. Reich postulated that, in sufficient supply, Orgone could overcome nuclear energy. This was partly based on the observation that small nuclear samples which had prolonged exposure to orgone had lost their ionizing capacity.

Radiation Anomaly

One grain of radium in lead shielding was placed in a heavy safe, functioning as an orgone accumulator. After 5 hours Reich's Geiger counter became "jammed" from oversaturation, the atmosphere around his home became oppressive and his co-workers became ill. His daughter Eva became sensitive to radiation from radium-dial watches, fluorescent lights and TV. Large numbers of experimental mice exposed to the Oranur atmosphere died of radiation sickness. The Geiger count remained incredibly high in the



Oranur-contaminated room, even after the radium was taken outside. The nuclear energy had transformed the orgone into something else. Reich named this new energy *DOR* (short for Deadly Orgone).

Three weeks after the first exposure of radium to orgone, the *New York Times* reported that inordinately high background radiation counts had been registered in an oval area with a radius of 500 miles - extending from Rochester, N.Y., to the Canadian border. The centre of this high count was Reich's property in Rangeley, Maine.

When the radium was removed from the safe and its shielding and tested in the open, its count was lower than normal; its radioactivity had been dispersed. It was placed in its lead shielding and buried five miles away. Years later, it was exhumed and tested again; the radium had lost more radioactivity than could be expected by the laws of nuclear decay.

Weather Control

Reich set out to devise a means of combating *DOR* and happened to make his greatest discovery about orgone - its place in weather control. Reich noticed the presence of smog-saturated dark clouds around this property which were associated with *DOR* atmosphere. He sought a way to disperse these clouds through orgone-related means. Reich set to work on the clouds with copper pipes, linking them with a metal cable to a deep well and pointing the pipes at the black clouds, reasoning they could draw orgone from the clouds and down into the water. Almost immediately the black clouds dissolved as the orgone stream elicited a charged particle flow

through the clouds.

Soon Reich began experimenting on ordinary white clouds and found he could dissipate a cloud by pointing the pipes directly at it. He could also enlarge a cloud by pointing the device - called a "cloudbuster" - to the side of it. Reich found that the cloudbusting operation started creating a breeze by drawing orgone from the atmosphere into the water. If the cloudbuster was pointing west, a westerly breeze would ensue as charged particles were attracted to the metal pipes. This "drawing" operation worked best if the orgone was grounded to running water.

Wind is an electrical phenomenon, as is all weather, and is dictated by concentrations of 'soft electrons'. With careful timing, Reich was able to produce and stop rain. The local newspaper in Bangor, Maine, reported an incident where Reich was paid by local blueberry farmers for bringing rain to the drought-afflicted area.

Combustion depends on concentration of orgone. A cloudbuster may be used for fire-fighting, removing soft electrons from the fire area itself and by bringing rain to the fire area.

Reich began to grasp the planetary dimensions of his discoveries. In 1954 he concluded that lack of moisture and undue concentrations of *DOR* were the joint cause of desertification. In the midst of a legal battle with the US Food and Drug Administration, Reich set out for Arizona with the intention of regreening the Arizona Desert. After three months, there was considerable rain in and around Arizona and grass began growing in places where it hadn't been seen in living memory. He was prevented from continuing this work when he was sent to prison in 1956 by the FDA for renting out his orgone accumulators for cancer treatment. Reich died in prison a year later.

Finally, mention should be made of a revolutionary greenhouse designed by Gene Davis of Oregon. The greenhouse is an adapted orgone accumulator and its performance has baffled the experts. The light inside is brighter than the outside, especially on dark and cloudy days. Plants grow much faster in the orgone greenhouse than in conventional ones. For more info, write to:

Oregon Greenhouse Inc., P.O. Box 653
McMinnville, OR, 97128, USA.

- Elmer Griffin

Further Reading:
The Awesome Life Force, by Joseph Cater 1984, Health Research Publications, Mockelumne Hill, Ca.
Fury on Earth, by William Sharaf
Wilhelm Reich, by David Boadella
The Cancer Biopathy and The Oranur Experiment, by Wilhelm Reich

PENAN ON TRIAL

In Sarawak, East Malaysia, the native Penan people are being forced to leave their traditional way of life and live at blockades to protect their rainforest from the tropical timber industry. Last year tribal blockades halted logging operations over millions of hectares of rainforest in northern Sarawak.

The trial of forty two Penan arrested at the blockades commenced on October 31st amid international rainforest action, including a call for the resignation of Mr James Wong, Sarawak's Minister for the Environment, who owns logging concessions covering 300,000 hectares of traditional Penan land. When asked about the effect of rainforest logging on the climate, Mr. Wong replied; "It rains too much in Sarawak. It stops me playing golf."

Thousands of Penan, Kelabit and other indigenous people have been displaced or made destitute by logging operations. In their forest homelands they lived an idyllic existence in perfect harmony with nature.

A new film, *Blowpipes and Bulldozers*, has been made with the assistance of Swiss-born Bruno Manser. Classified a 'security risk' by Malaysian authorities, he lives with the Penan in the rainforest. This documentary brings their eloquent cry for help to the outside world.

Australian workers and rainforest action groups have already launched a campaign aimed against the unloading of tropical timbers such as Maranti (Pacific Maple).

You can support these tribal people of Sarawak by expressing your concern to the Malaysian authorities. While maintaining the blockades, the Penan are unable to tend their gardens and quickly exhaust their limited food supplies. They urgently need outside help to meet food, transport and legal costs. The Penan are a gentle and sensitive people who cannot understand why their world is being destroyed - or how they can prevent this in the face of overpowering force at the cost of their lives. You can write to;

YAB Datuk Patinggi Haji Abdul Taib Mahmud
Chief Minister of Sarawak
The Chief Minister's Office
93502 Kuching, Sarawak, Malaysia

His Excellency Tan Sri Zakaria Bin Mahmud Ali
High Commissioner of Malaysia
Malaysian High Commission
7 Perth Avenue, Yarralumla, ACT 2600

Mr Gareth Evans
Minister for Foreign Affairs and Trade
Parliament House, Canberra ACT 2600

- Rainforest Information Centre

KAKADU AT RISK

Australia's largest, most diverse and perhaps most important National Park is under immediate threat from mineral exploration and mining. In addition to the existing Ranger uranium mine, the mining industry is proposing new uranium mines at Koongarra and Jabiluka (to be excluded from Stages I and II of the Park, although surrounded by it).

But the most serious attack has been on Stage III, comprising the headwaters of the South Alligator River system as well as the main catchment area. Contrary to a specific promise made in 1983 to protect the catchment area, the government only gazetted 65% of Stage III as National Park. The rest, including most of the catchment area, was designated a "Conservation Zone" - a curious name for an area set aside for mining.

Legislation provides for a period of public debate which could be as short as 28 days and the government is obliged to take public submissions into account before a final decision can be made. There is no provision for public comment on the Coronation Hill mine.

BHP is conducting an intensive exploration programme which has already resulted in massive siltation and erosion in the area. They want to mine gold ore at Coronation Hill using a cyanide leaching process similar to that used at their mine at Ok Tedi in Papua New Guinea, where large amounts of toxic material were released into the Fly River.

Kakadu contains one-third of all Australia's bird species, 25% of all its freshwater fish species, fifty mammal species, seventy-five reptile species and twenty-five types of frog as well as 1,275 plant species, many of which are not found outside Kakadu. Very little is known of the flora and fauna of Stage III. An 'inventory' is now being undertaken by the same company who are working on the EIS for the BHP Coronation Hill mine (Raines & Moore). Stage III also contains what is considered one of the twelve most important rock art regions in the world and the most important sacred sites of the traditional owners, the Jawoyn people. It is vital that the whole of the South Alligator River catchment area remain intact, as recommended by Justice Fox in the original Ranger Environmental Enquiry in 1977.

In his October address to the Australian Conservation Foundation, Environment Minister Senator Richardson said;

"For too long, too many companies in Australia have felt our National Heritage has been their private property and thus theirs to chop down or degrade... While the miners push their barrow for the right to easy access to even more of this continent, the stark reality of how much has already been lost is often ignored."

About 2,200 species of plants, including a quarter of all gum tree species, are under threat of extinction in Australia. Seven out of ten Parks in the USA are too small to maintain their resident species. We must ensure this doesn't continue to also happen here.

- Canberra Wilderness Society

Power From the Planet

Back in the '70's (or was it the '60's) alternative energy sources seemed a trifle impractical - just another pie-in-the-sky hippie rave. Either too messy (all that smelly pig-shit required for methane power) or just too expensive. But we're almost into the '90's now, and the Nimbin-based Rainbow Power Company has been producing and marketing a number of low-cost, reliable alternative power set-ups for several years. NEIL PIKE takes a closer look.

As that howling Nor'-Easterly blows out your candle for the umpteenth time just as you're about to put the kids to bed, it certainly would be much simpler just to flick a switch than mess around in the dark trying to find matches. Yes, it's a tough life on the farm.

Conversely (for all you urban dwellers or those close enough to the power lines to plug into the machine), don't you sometimes wish that you could just stop paying the County Council its tri-monthly ransom and still enjoy the luxury of a daily carrot juice to the strains of your latest ambient music tape (without the batteries on your cassette player going flat)?

"Sounds great" you may say, squinting at this article through candle-light. "but who can afford that kind of decadence?" The simple truth of the matter is these days *anyone can*.

For the last few years, (without the benefit of government funding or multi-national backing) a small group of dedicated techno-freaks on the New South Wales North Coast has been manufacturing and selling a variety of alternative power systems at an alarmingly cheap rate. For roughly a grand the Rainbow Power Company in Nimbin offers us the option of kissing electricity bills goodbye while still enjoying the convenience of plug-in anything. Sooner or later of course, the coal companies will get wind of it, and that'll be the end of that. But meanwhile...

The Rainbow Power Company is the brain-child of long-term Nimbin resident, Peter Van der Wyck. More widely known as Peter Pedals, he first came to the public eye when the Amerikan TV show *That's Incredible!* ran a feature on him and his various "pedal-powered" appliances.

Peter had hooked up a stationary bicycle to a generator and battery and through a moderate amount of daily pedaling was able to power his home lighting system and a number of appliances including a juicer and grinder. Despite this international coverage, his resourceful and ingenious inventions never quite captured the public imagination (due in part, perhaps, to the "rat on a treadmill" nature of many people's lives).

But Peter continued to nurture his dream of low-cost, alternative power and proceeded to gather a coterie of like-minded individuals around him. By 1987 this group, with enough dedication, creativity and knowledge to make the dream a reality, had banded together. The Rainbow Power Company Pty Ltd was formed and set up shop in Nimbin.

The folks at Rainbow Power seem to have a certain dedication (even zealotry) that one doesn't usually associ-

ate with a commercial venture. Much of their time seems to be spent advising people - working out the best possible system for each individual's needs.

The standard set-up that they offer is usually a combination of solar and water or wind generated power. Depending on the sunlight you get, how regularly your creek dries up, whether or not you live on a hill etc, they design

a system that lights your house, runs your ghetto-blasters and makes a banana smoothie as well. If you're really feeling degenerate (or just too tired to meditate), whack on an extra solar panel and battery, sit back and watch the latest videos on your 12 volt colour telly.

With a modular hi-fi system and a low-voltage washing machine in the offing, the Rainbow Power Company is at the forefront of ecologically sane power creation. If we want to make a difference to the greenhouse effect we must reduce our reliance on the power grid umbilical cord - in the country or the city, wiring up to low-voltage high-performance power that nature provides for you makes great sense environmentally and economically. These systems work ★

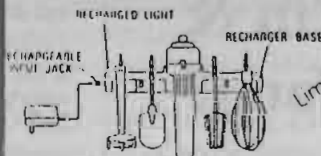
Rainbow Power Company Pty Ltd.

P.O. Box 217 Nimbin 2480

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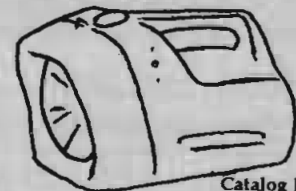
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Reaching for the Sky

Wild Time

by Roger Green

Many people think that some foods are 'good' and others are 'bad', but this is not the understanding of macrobiotics. One of the more common mistakes some people make is to substitute one type of dogma (religious, political, educational, scientific, etc) for another, using macrobiotics as a belief system. This creates a fearful and rigid experience where 'good-bad', 'right-wrong' connotations are confused with 'yin-yang'. Fearing food in any form is definitely a lowering of our human status.

We can use anything to see our relationship to the changing universe. All these things originally came from nature, from elements, from the invisible, on back to infinity/God. In other words, everything comes from infinity, materialises here and then returns. When we eat we should never fix or create a concept of 'good-bad'; otherwise we create mental cages to lock ourselves in.

Seasonal Changes

Macrobiotics teaches about making balance from the combinations of what we eat and our everyday activities. We live in a four season climate and many people make conscious dietary changes to correspond with this. When winter changes to spring our bodies are ready to loosen up and expand a bit and can ingest more food that gives us upward energy - leafy green vegetables, Chinese cabbage, sprouts, and lighter quality grains like corn, barley and couscous. With summer we enjoy salads, fruits, and perhaps longer rather than shorter grains.

In autumn and winter our lives start to show a more inward tendency - we need more strong roots and vegetables that draw warmth into the body - carrots, pumpkin, parsnips, buckwheat etc. If we eat too many tropical fruits at this time we really feel the cold.

What's Yin & Yang?

If our condition is too yang we may feel tense, congested or uptight. If too yin, we may feel too loose, drained of energy, 'spaced-out'. If well-balanced we can take in what we need, then focus and direct our energy outward again. This flows well with the give and take of life. Yang is the tendency to gather - yin the tendency to disperse. Opposites are not separate or exclusive, but

complementary, interdependent and always changing. There are no fixed values, nothing is absolutely yin or yang.

Yang is heaven's energy, the power of the cosmos that spirals in towards Earth; yin is Earth's energy as it spins and sends its force out to the universe. Yang is warmth, strength, discipline, vitality. Excessive yang is caused by red meat, eggs, or too much salt and causes rigidity, eccentric behaviour and anger.

Yin foods are cooling, cleansing and relaxing. Excessive yin can be caused by honey, sugar, chemical additives or alcohol, leading to weakening, dispersion or loss of will. If you eat the extremes of one category you probably enjoy the extremes of the other. If you eat meat (yang) you most likely enjoy sugar (yin). Macrobiotic cooking emphasises the middle ground of grains, beans, veges, fruits, seafood and poultry, with which the human body and spirit find it easier to maintain balance. Cooking nourishes humanity and is truly a supreme art.

Planning a Menu

All the vitamins, minerals and proteins we need are readily available in a diet of unrefined whole foods, especially when prepared according to yin-yang principles. A meal starts with your selection of beans, greens, and vegetables from your supplier - this is a good place to practice your intuition. Vegetables that are small and compact (yang) have more medicinal effects and taste sweeter. Organically grown food is ideal. Grains and beans that have been grown in the southern hemisphere are the wisest choice.

When planning a menu first visualise it; who it is for (e.g. what does a sick person need?) and what colours and combinations you will use. Go by your appetite but don't just limit yourself to a sensory level - eat for the development of your true self. Wash the vegetables well and determine the cutting style. Layer veges in groups for convenience. Give your food love - this is the greatest component of any meal.

People's needs differ according to their physical constitution, age and daily activities, geographical location and seasonal changes. In the 20th century it's easy to use many different kinds of vegetable due to the development of modern transportation. 200 years ago there wasn't so much mental illness or cancer because people were living what the Japanese call *Shin-do-fuji* - 'body and soul are one'. Our grandparents were eating seasonal and organic vegetables.

We're free to eat whatever we wish; nothing is forbidden except ignorance and carelessness. Macrobiotic philosophy teaches that although humanity continually proves itself capable (at a price) of eating whatever it wishes, our health and vitality improve the more completely and directly we draw on sustenance from the vegetable kingdom. But the macrobiotic diet is not a strict vegetarian regimen.

The shape and relative number of our teeth, the body's gateway, tells us much about the order in human nutrition - 20 grain-grinding teeth, eight cutting and four fish and meat cutting teeth - a total of 32 teeth. The general rule for human diet is this: 5 parts grains, 2 parts veges, 1 part animal.

Guided by the structure of the digestive system the macrobiotic diet centres around grains and vegetables. The animal foods we need are the lower levels of life and ones that have been least domesticated

and processed by modern humans.

People who eat differently have different ideologies. Those who live in a warm climate have different foods, cooking style, and different vegetables than those who live in a very cold climate, where grain will not grow. Eskimos, for instance, survive almost exclusively on meat. It's a good diet for them, matching their environment (not very well known is the fact that the eskimos used to migrate to the lowlands in spring to 'binge out' on all the wild spring herbs - this is great balance for a winter diet of fish).

But it's interesting that in all our climatized and cultured variations we all have the same teeth.

WILD THINGS

Wild vegetables are not only a delicious valuable dietary supplement, but they contain strength and quality which cannot be equaled in cultivated ones. At one time our ancestors had nothing else! They are very rich in minerals and help to strengthen the body so that it can fully metabolise simple, unrefined, wholesome food. Wild foods faithfully reflect the climatic and astrological changes of the year; this we call synchronicity. Wild vegetables adapt to a changing environment, so we can draw on their strength in illness.

When serving wild vegetables, always use small quantities relative to domestic garden vegetables; eg. 1 wild: 5 domestic, so their strong flavour will not overpower a meal. They have a slightly bitter taste and are most helpful in removing excess salts, oils and protein from the body. Learn to prepare sauces that help digest them; miso sauce or lemon juice, adding roasted sunflower or sesame seeds.

In the body, wood (liver and gall bladder) energy controls the muscles, jaws, joints, eyesight, and relates to our degree of sensitivity, creativity, patience and humour (seeing the larger view of life, an outward expansion of energy). The negative effects of this element on the body's emotions are irritability (over-stimulation of bile is a cellular irritant) and anger. Anger is a result of disrupted liver energy and when this energy is in excess or tight, it manifests in the associated body language - the person shouts (upward and expanded energy) and has rigid body movements (joints/muscles) with hacking or cutting arm gestures.

The liver is traumatised by the over-consumption of animal protein and fatty foods. Dairy foods tend to block this energy as well, as

do hard, dry foods or too many baked foods; these create congestion. The over-consumption of salt also restricts liver chi. Yin items like sugar, stimulants like tea and coffee, too many spices or drugs weaken liver function.

HEALING

People with liver problems may have clenched teeth and like pointing their finger at you. To heal the liver we need to unwind and restructure. The difference between healthy and unhealthy behaviour is that true health should spiral - you should keep learning from experiences, being able to reflect and make positive changes. You can respond and grow - the joy of just being - without expectations of things happening. Liver problems need to be treated in their element; go for walks in the forest, mountains or a retreat in the country. People with liver problems need to 'release' because there is tendency for too much control.

So do something of an opposite nature like swimming, movement, dancing - do something wild and out of the ordinary. Get out of those controlled environments like your office or home and live!

Acupuncture point LV3 (nicknamed 'happy calm') is located on the foot where the big toe tendons meet. Press in towards the knee under the bone. This is a balancing point for the liver and the emotions. It also helps insomnia, which is related to an

overactive liver. Let's use the raw materials around us to make better lives for ourselves, to look close to home for answers to our questions and problems. Why run to the four corners of the Earth in pursuit of medicines, therapies and pleasurable activity, when all of these can be found close at hand? This is the spirit of macrobiotics ★

RECIPES

by Victoria Phillips

Asparagus and Corn Soup

Ingredients: 1 cob of corn, 1 bunch of asparagus, 3 tbs of kuzu, miso (white).

Bring corn to boil in 6 cups water and cook 20 min (with pinch of seasalt).

Add cut asparagus (3cm lengths). When asparagus is tender, add dissolved kuzu (cold water) and stir in until it thickens slightly.

Mix white miso with soup and add to taste. Garnish with spring onion.

Noodles with Onion and Tempeh

Ingredients: 1 pkt brown rice noodles, 1 pkt tempeh, handful of black olives, onions, mirin (rice wine), umeboshi vinegar.

Slice onions in rounds, place in slightly oiled pan, add 1/2 pkt of thinly sliced tempeh and a handful of olives. Add 1/4 cup of mirin, turn flame down to low, lightly salt, place lid on pan and let cook for 20 mins.

Cook pasta. When both ingredients are cooked, mix together and add a sprinkling of ume vinegar. Garnish and chives.

MOCHA MOUSSE

Ingredients: 4 cups apple juice, 1 cup pear juice, 3 tbs tahini, 5 tbs grain coffee (i.e. Nature's Cuppa or True Brew), 1 tbs of kuzu, 9 tbs agar flakes.

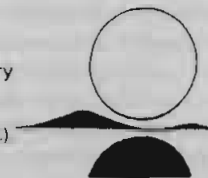
Bring 4 cups of apple juice to boil; add agar flakes, stirring gently, then turn down flame and simmer 4-5 mins.

Dissolve kuzu in half cup of pear juice, then add to mixture and stir until kuzu is cooked (2-3 mins).

Mix tahini with other half of pear juice into a paste, then slowly add apple juice to mixture until both are well mixed. Put back on heat for 1 min; pour in a bowl allow to set in refrigerator. Garnish with strawberries.

Roger G.
Green

Macrobiotic Dietary
Counsellor
Grad. Kushi Inst
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Dreaming Angle

But God caught me by my feet and slowly dragged me back down. Then, just as I lost all hope of escape, Athene distracted God's attention and I flew up the stairs out of the underworld. Looking back down to where I'd just been, I heard the echo of Athene's voice telling me, "And don't forget to record your expedition."

I did record my 'expedition', the first entry into a log book that now contains hundreds of others. This log book is none other than my Dream Journal. It waits at my bedside for the adventure material that comes out of any good night's rest. In this journal I preserve the food of the unconscious. It's a simple ritual and part of the art of dreaming.

Dreaming can be paralleled to fishing. Fish are the treasures of the water, and the open water is the universal symbol of the *unconscious*. Pisces, the Fish, is typically noted for its dreamy nature. It is the sign of the mystic and the poet. Piscean vision, imagination and creativity are products of the link with the waters of the unconscious.

Fish symbolise the contents of the unconscious. They come in all shapes and sizes. The fish is the dream, the point at which the spheres of the conscious and unconscious overlap, half-conscious, half-unconscious.

The most common drawing of the fish is the *mandorla*, the intersection between two circles. In the Christian tradition only the Christ or the Virgin Mary could be painted inside the mandorla, its two spheres symbolising spirit and matter. The point of the intersection (where heaven and Earth meet) is the 'divine incarnation', when the divine and the human are one. The fish is thus the form of the divine incarnation. What is inside the form may vary.

Fishing for Complements

The fisherman is the ego turned towards the content of the unconscious. The stance the ego takes is mirrored in the different ways there are to fish. Fishing from the land is the ego turned towards the collective unconscious. The lone fisherman in a boat out on a lake is a classic symbol of the individual looking into the personal unconscious. Spear fishing is the shamanic technique of actually going into the spirit world (unconscious) and re-emerging with a catch.

Falling into the mouth of a fish is quite the reverse of fishing, where the ego and personality are swallowed up by the inner life.

Deep sea fishing takes one out to the deepest parts of the collective unconscious. Here the fish are the *archetypes* - the 'big' dreams that are meaningful to the whole culture rather than the individual alone.

Most people are subliminally aware of the contents of the unconscious. They wake up in the morning having bits and pieces of dreams.

Just being asleep anybody is liable to glimpse the flash of a 'fish's' tail. The unconscious is also near when we are wide awake. Intuitive types know when there is something 'fishy' going on. If these semi-intuitive people could catch these fish, they would be described as psychic.

The most important step one can make in the direction of the unconscious is the development of curiosity. "What are my dreams about?" You need to be curious enough to make the decision to remember the dream. You can't catch fish without throwing in a line. Before going to sleep throw in a line. Intend to remember your dream in the morning - sometimes good intentions aren't enough. This is where ritual comes in. Ritual has been used by many cultures as a means of 'making space' for the unconscious to enter. My personal ritual is to date a page at night and neatly place the pen on top of the journal. It doesn't matter what you do as long as you do it with your heart.

After this the wait begins. For many the act of fishing is a meditation. You must wait, but it is not a passive waiting. The fisherman who is alert has more chance of hooking a fish. It's the same with dreaming. The more conscious you are in the relaxed state of sleep the better chance there is of catching the images of the dream.

For this reason ten minutes meditation before you sleep does wonders for remembering dreams. With a clear mind dream images are more vivid.

It's morning time. You've had a dream, but by lunch-time you've forgotten it. This is the old story of the one that got away. Write it down while it's still fresh in your mind. You may not think it's worth it, as, at first, the dream appears so chaotic and hard to grasp, like a freshly landed catch. The dream is still in the 'waters' of the unconscious and you have to 'real' it in. The deeper the 'water' the more you have to reel in, but it's well worth it. Dreams furthest from the ego tend to be the most transformative.

Write down any associations or connections you feel you have with the dream imagery. Note what happened the day before and give the dream a wash in the waters of your imagination.

Once you've prepared the dream and joined it with your present circumstances you are ready to receive its nourishment.

Dreams are riddles sent to us by our inner wise man or woman. By finding the answer to the riddle you find yourself. You must work with the dream to receive its nourishment - this is just as vital as the fishing expedition itself.

Your dreams are your own personal teacher. They show exactly what you need to know right now. Fishing for dreams is angling for personal understanding ★

Craig Jarman



Cultural Imprinting

and N.L.P.

In the 1930s ethologist Karl Lorenz applied the term IMPRINTING to the behaviour of ducklings shortly after birth. He saw that they followed the nearest moving object and treated it as "mother". He could often be seen walking through the countryside with a string of ducklings waddling after him.

Neurolinguistic Programming (NLP) has studied the ways in which humans are imprinted. Although we are much more flexible than ducklings we still do much the same thing - and there are different levels of imprinting, from the individual to the cultural.

An example of individual imprinting is *phobia*, where an overwhelming emotion (fear) is imprinted onto a situation (represented internally in words and/or pictures). We follow the imprinting as hopelessly as the ducklings followed Lorenz. NLP has found that phobics do particular things with pictures, sounds and feelings inside their head - whereas the ex-phobic does significantly different things. For example, fear of heights may be created and maintained by acrophobics making unconscious pictures, as they approach a window or cliff edge, of themselves falling, and hearing unconsciously the words "I'm falling, I'm falling, I'M FALLING!" No wonder they get scared.

Unlike ducklings, humans can reverse the imprinting process. To discover how to do this with phobias, NLP studies not the phobias, but ex-phobics. We then train the phobics to do the same thing - change the words and pictures - so lifelong phobics can be cured in one session.

Pattern Changing

Also unlike ducklings, we continually create and recreate our imprint patterns. Conventional psychoanalysis can merely perpetuate a negative imprint pattern by accessing the pattern and then talking about it. Regardless of the intent, repeating a pattern (if only in the head) perpetuates it. The pattern needs to be changed, not just talked about. NLP models the *preferred* pattern, teaching it.

Another imprint level is that of identification with another person - essential in childhood - and taking on their behaviour and values. This is sometimes called "deep trance identification". It is a superb way to learn new imprint patterns and has been used very successfully to learn complex skills at an accelerated rate.

Family imprint patterns require at least two people to create the patterns - for instance an overbearing, blaming type and a guilt-ridden placating type. The second person need not exist after a while; you come across people having conversations in their heads with a long-dead parent, thus maintaining the original imprint pattern.

Cultural imprinting is of a more general nature. It's only a few centuries since the Church considered the question "Do women have souls?" and men were considered the Lords of Creation. Regardless of the personal integration and intelligence of the individual, she still, for the most part, operated within that pattern (some still do!).

Cultural imprints vary widely: Balinese have no word and no imprint for hate. Western Capitalism's imprint of material acquisition and control over nature is vastly different to the Buddhist imprint of surrendering to and joining with nature.

Learning Language

By modelling individuals from specific cultures NLP can be used to gain skills peculiar to those cultures. The most common use is language learning. The NLP approach to this was to model successful learners of language - and naturally they were infants!

To learn Japanese we first learn *how* to learn Japanese - the words come after this. How? The same way children do.

We mimic posture, use of the body, muscle tension, breathing rate and location and the whole physiology - look at what a Japanese would see (in imagination if necessary) and hear Japanese being spoken. Then we reproduce the tonal aspects of the language, i.e. we speak as an infant would - gibberish with a Japanese accent!

Once we have established the non-verbal base for language acquisition (this may involve the creation of a discrete sub-personality) we move on to vocabulary, which integrates easily into the cultural imprint pattern we have reproduced in ourselves.

From the individual to the cultural, IMPRINTING is part of our lives. Some is positive and some not. NLP shows us how to assemble and disassemble these patterns, so we have real choice over which patterns will structure our lives ★

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Time Craft

The Prediction of Supernova 1987A

George Adamski was an infamous UFO contactee, with tales of meetings with extraterrestrials and photographs of saucer-shaped craft. In a number of books written from the 1950s, Adamski described meetings which have since been widely discredited as hoaxes perpetrated by both the US government and himself (*Sources of Saucers*, NEXUS #2).

But to see how a prediction made by an Australian clairvoyant in 1986 came true 60 days later, we must explore a convoluted trail through four-dimensional reality - which starts with a reported UFO encounter in 1952. Believe what you will about the nature of UFOs, this is a report on a prediction which came true - and is verified by witnesses.

It calls into question accepted notions of space-time (and credibility itself)...

During the December 1986 Summer Solstice a prediction was made before a gathering of celebrants on Mount Oak, New South Wales. Mount Oak is ideal for stargazing around campfires under clear open skies.

The prediction was as follows;

In the last week of February or the first week of March 1987, a bright object would appear in a cloud in the sky in Gemini. The forecast was based on an interpretation of information received during a 'close encounter of the third kind' that took place in the Nevada Desert in 1952. This reported encounter between George Adamski and an extraterrestrial (ET) consciousness was witnessed by six other people; the ET landed in a flying saucer, descended a short ladder, stood in front of the craft and requested Adamski approach (*Flying Saucers Have Landed* by Adamski). During the following communication Adamski was told a message would be left with him for the human race. When the communication was over the ET returned to the saucer via the ladder. A few moments later it lifted off and ascended out of sight.

Footprints in the Desert

At this point no message had been transferred to Adamski, who had remained at the point of the encounter through the liftoff (during which he didn't report experiencing any turbulent forces). After the saucer had disappeared, Adamski was about to return to the main group when he looked down and noticed two footprints clearly etched in the desert soil, each displaying distinctive but dif-

fering markings. Adamski records that the asymmetry of the markings appeared repulsive to him. Plaster casts were taken which revealed an apparent set of symbols on the right footprint and a simple outline and feature on the left.

Since that time Adamski's claim that this encounter took place has been discredited and Adamski and his companions hounded into virtual exile by the US government and a hostile press. Nonetheless, the markings on the footprints have been studied by a variety of experts from philologists to archaeologists in an attempt to interpret their 'message'.



Anglo Australian Observatory

It wasn't until 1963 during a 'channeled' communication with an ET intelligence describing itself as 'Michael' that a Sydney psychic learned of the context of the message and was able to interpret it. When the message had been deciphered, Michael again confirmed it was a correct translation.

The message, the substance of which was on the right footprint, was an astrological map for the year 1987, with the position of Supernova 1987A (represented on the map by a "cloverleaf" symbol) inscribed in the sign Gemini.

The arrangement of the other sym-

bols represented the arrangement of the planets in February/March 1987, as seen from above the solar system.

The 'cloverleaf' symbol was translated to mean "cloud" by Yul Verner (in *Signs of the New Age*, 1963), referring to the Large Magellanic Cloud, clearly visible to the naked eye in Gemini.

The information proved correct for, in 1987, on February 24th at 9.38 am (AEST) Robert McNaught, in Australia, recorded on a photograph of the Large Magellanic Cloud the first light waves from a 'new star'.

However, McNaught didn't develop his print until the next day, by which time three other astronomers from Canada, New Zealand and Chile had reported that a bright object of magnitude 5 had suddenly appeared in the upper right corner of the Large Magellanic Cloud in Doradus (the Swordfish) in Gemini.

The suddenness, brightness and distance of the object from Earth (170,000 light years) immediately suggested a supernova, later confirmed by other observations, and the 'new star' was given the name Supernova 1987A - the first visible to the naked eye since Kepler's Star in 1604. More significant, it is the first visible extra-galactic supernova on record.

The appearance of Supernova 1987A caused great excitement among astronomers, particularly radio astronomers gathering scientific data for astrophysics. 1987A held the promise of providing evidence for current astrophysical theory about the structure and evolution of stellar material.

Of course, astronomy knew nothing of the psychic information that had pre-

dicted this event. That information was first received some 34.26 years earlier from the message imprinted in the Nevada Desert by the 'ET'.

Faster Than Light

The prediction of the event, 60 days before the 1987A, was an interpretation of this information, which has been here for more than 34 years.

An essential implication of the prediction is that it seems information is able to transverse the universe faster than the speed of light!

For the information to have reached Adamski when it did, it had to travel 1.000202 times the speed of light, or 300032.6 kps, 60kps faster than light-speed, if it left the supernova at the same time as the light.

Using a year as a time frame, if two messages about a supernova left at midnight am on January 1, the message Adamski got would arrive at 10.24 pm on December 31 that year, the other message arriving at midnight, some 1 hour 36 minutes later.

The 'scientifically-minded' have never been very impressed with "little green men in flying saucers" - even if they are "slender, hominid youth, six-foot tall with platinum hair, belted white kaftan, wearing white boots" (Adamski's extra-terrestrial) - such stuff belongs in the "emotionally disturbed" department, along with everything else that doesn't have a good explanation for its existence.

But the 'scientifically-minded' are beginning to waver. The Face on Mars is staring impassively at them (See NEXUS #6) and now information is zapping around the cosmos faster than light-speed!

By the way, the markings on both the right and left footprints of the extra-terrestrial "visitor" were also discovered on the crypt wall of an Inca tomb in Peru, opened by a US archaeological team in 1963. According to the local people, the tomb had not been entered in the past 500 years. It had been constructed around 1000 years ago.

George Hunt-Williamson, in his examination of the left foot print in *Other Flesh; Other Tongues* (1961), suggests

the major feature is the universal symbol for a fish, giving a general meaning, "of the fish". 1987A occurred in the Dorado constellation; Dorado means *Swordfish!*

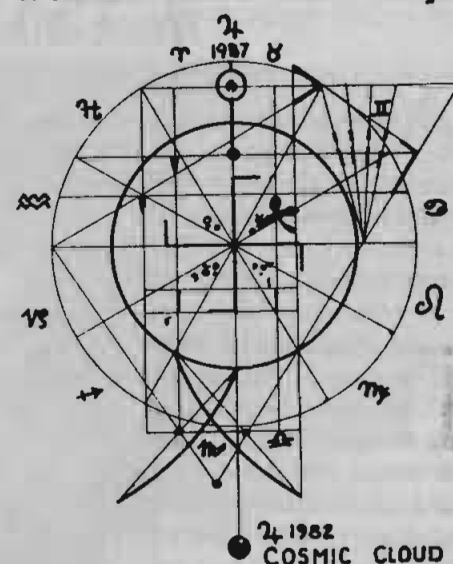
One more thing. The name of the person who predicted the event at Mount Oak in December 1986 was John Sword. Synchronicity abounds.

Here we have messages which travel faster than the speed of light, delivered in our own language, about exploding stars in a galaxy far, far away, using our relative perception.

Whoever, or whatever, or even however these messages 'arrived' on Earth, either by means of extra-terrestrial consciousnesses, flying saucers or sandshoes, they provide potential evidence that there is something intelligent 'out there' that's attempting to communicate with us. This episode might be viewed as an accurate psychic prediction of the future. 'Out there' may mean 'in here', depending on your frame of reference.

THE RIGHT VENUSIAN FOOTPRINT

A timetable showing cosmic changes



Either way, NEXUS will always report an accurate prediction of the future when one comes by - after the event ★

Little Bang Takes Out Big Bang

With the prediction of Supernova 1987A it seems possible that information, at least, is able to transverse the universe faster than the speed of light.

No measurement has to be done to confirm this. The information arrived on Earth, by whatever means, on November 20, 1952. The light got here on February 24, 1988. This limits all uncertainty axioms to zero, as neither measurement can be said to interfere with the other. Both location (the Nevada message), and time (the supernova) have been independently measured, no value of either containing any value of the other.

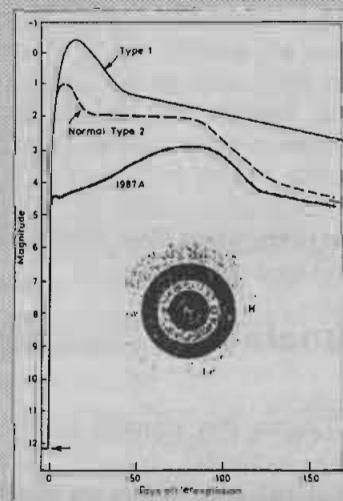
From this point alone it was possible to predict that the behaviour of Supernova 1987A would not follow the astrophysical model(s). Instead, it dived, ducked and weaved all over the charts (see diagram), exploding many conventional theories of astrophysics.

"The spectrum of (Supernova 1987A) also refused to do what astronomers expected. The Doppler shift in the spectral lines first showed the gases speeding outwards at 17,000 kps... But this speed fell dramatically as the days went by. This decrease was not caused by the supernova explosion actually slowing down. Instead, the outer layers, of the expanding fireball were becoming transparent, and we were seeing the inner parts of the gas cloud..." (New Scientist p.55 - 5.11.87)

This spectral scenario of the supernova's gases raises questions about the rate of expansion given for the universe by the Hubble

Constant ($H^0 = (50-110)$ per sec/megaparsec). Effectively it could mean that the curvature the light of the supernova's gas took was not traceable using H^0 . The gases' light 'shifted' at a greater rate than predicted. This 'shift' could not be explained by any variables in the thermodynamic lead-outs.

But as much as Supernova 1987A may wreak havoc among some theories, it may vindicate others, particularly those fringe theories adventurous enough to move out beyond light speed.



John Panaman

High Road to Shangri-la

Hitch-hiker's Guide to the Roof of the World

At an unmarked turnoff about eleven kilometres south of the checkpoint at Xegar (pronounced *shegar*) on the Friendship Highway between Lhasa - the 'forbidden city' of Tibet - and Kathmandu in Nepal, a dirt road winds off into the desolate landscape. Passing by crumbled ruins and the small Tibetan village of Chee it climbs innumerable hairpin bends to reach the summit of the pass called *Pang La*. Standing amid the fluttering colours of tattered prayer flags one can look out upon a panorama of the mightiest Himalayan peaks - Makalu, Lhotse and the long ridge of Cho Oyu - and towering majestically above them, Qomolangma (pronounced *Julmo Langma*), better known in the West as Mount Everest.

Traffic along the road is infrequent to say the least. Apart from the seasonal convoys of trucks that deposit climbing expeditions at base camp and return months later to retrieve them, every few days an army truck from the garrison at Xegar will travel as far as the more fertile valley of Kharta to collect firewood. Otherwise the trek from Chee up to Pang La takes about seven hours - assuming a reasonable degree of fitness and acclimatisation to the 17,000 feet altitude. Another four or five hours down to Peruche, a road branches off to the Kharta Valley. At the turnoff is an inn, appropriately called the Qomolangma Hotel, where basic accommodation and food can be obtained.

Himalayan Gourmet

The Tibetan diet consists mainly of *shokurr* (potatoes), *tsampa* (roasted barley flour), and Tibetan tea which is salted and buttered. *Pho tcha soo mahng*, as it is called, may be an ac-

quired taste to foreigners or *ingsee*, but once acquired provides a warm and nourishing beverage which can sustain travellers on the high plateau. It's consumed in great quantities by Tibetans and when offered can be an introduction



to the good-natured local people. *Chang* (barley wine) also makes an excellent ice-breaker. *Tsampa* is eaten after being mixed with the remnants of a bowl of tea and kneaded into a dough between the fingers.

From Peruche the road passes through a few villages, crossing passes and stone bridges and fording icy streams. Near the village of Chezon a dirt road branches off to join the highway further south at Tingri - a longer road than from the turnoff near Xegar, but it has a definite advantage in that yaks can be hired as pack animals from Tingri. Yaks move fairly slowly, but at a constant speed over steep and broken ground. They also provide many Tibetans with food, clothing and shelter and will sleep happily even though covered with snow, which they merely shake off when they rise in the morning.

The fifty-five kilometre trek from Peruche up to the small monastery at Rongbuk takes about twelve hours. After descending the pass at Pang La one doesn't glimpse Qomolangma again until Rongbuk Valley, where it suddenly

appears soaring above the snow-capped ridges; an imposing massif haloed by clouds of ice created by fierce updrafts.

Mountain Gompa

Rongbuk Gompa (Monastery) was almost totally destroyed during the excesses of the Cultural Revolution. There were once thousands of monasteries in Tibet. By 1979, when General Ren Rong was removed from office and enforced communes were disbanded, only a couple of hundred remained. The whole of Rongbuk Valley was once a total sanctuary. An English expedition at the turn of the century found to their dismay that the

Buddha's compassion extended even to geological samples, which the expedition was not permitted to remove. Today a small group of hardy monks and pilgrims still brave the intense cold and high altitude to live in this lonely and beautiful place, with a few crows, sparrows and the rare and delicate Himalayan Blue Deer.

The landscape is rocky and glaciated, and even on a sunny day the temperature doesn't climb far above zero and icy patches persist in the shadows. In the afternoon a biting wind blows down from the glacier and at nightfall everything freezes. A couple of hours walk from the gompa, at the very edge of Rongbuk Glacier, huddle the tents and yaks of the mountaineering expeditions. When they pull out only the small group of headstones erected in memory of those who lost their lives in the attempt to conquer the world's most famous peak remain to mark the site of Base Camp ★

from Our
Himalayan Correspondent

How the West Was Won

Part 1 by Robert Emanuel

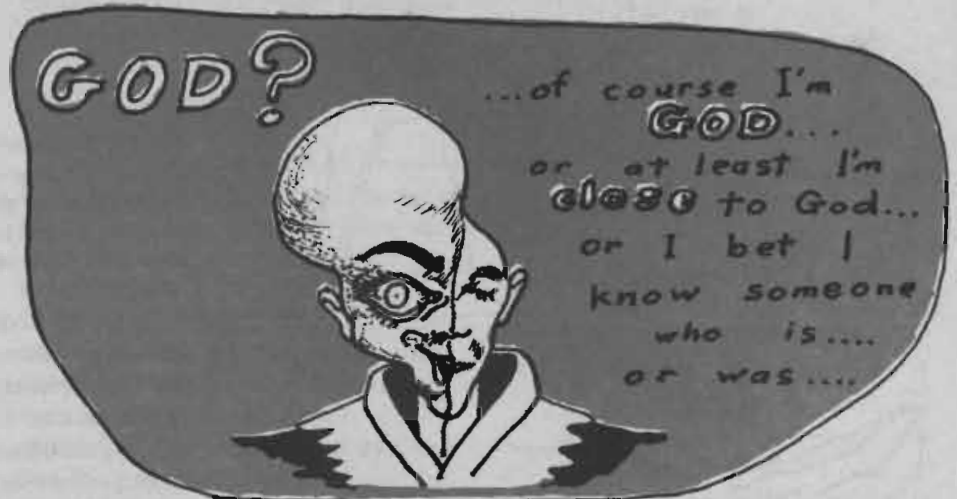
The development of the Human Mind has taken many and varied forms over the 30 or so centuries that we have been able to chronicle it; in all the time that we have been able to "think for ourselves" we have always asked the question "Where did we come from?" I pose a different question - "Where did our consciousness come from, AND WHAT DO WE DO WITH IT?" for without consciousness we are nothing and cannot fulfil any meaningful purpose in this or any other life.*

I will also, for the time being, ignore any questions about the meaning of life, which Douglas L. Adams has sort of answered in his many and varied writings, but wish to concentrate on the Origin, Breakdown, Integration and Development of the Bicameral Mind... That is, OURS (*bicameral* here means two chambers).

As with all myths, The Mythology of the Western World, being based on one of the most wonderful of sagas - The Old Testament (which need be taken with the same intuitive sight as Homer's Iliad, well proven in aspects of Delight and Accuracy) - imagines itself a religion upon the Grecian Line and denies itself any interpretation beyond the literal and the Ethic to which it subscribes.

Well, I intend to introduce for many and reiterate for some, a more relevant and accurate interpretation of The Olde Testament, reading it for what it is - a Small History of a Part of Western Civilisation. That Small History and its attendant commentaries by learned (but orthodox to the times in which they lived) scholars has assumed a mystic and authoritarian role that is irrelevant and meaningless unless we take it in the context of the times.

Once upon a time, in a land not very far from the Red Sea, there lived assorted and varied individuals, who, through the processes of natural selection, congregated together as loose family units and hence tribes. After much internecine warfare those tribes



eventually amalgamated into nations. The history of that amalgamation was codified and presented to the various families, tribes and nations as sacrosanct, somewhat in the same fashion as Australia's Latter Day Tories present their Constitution. Those who ruled, wrote.

As to their veracity, one must treat it with that same innate scepticism we reserve for those who would rule us now. Velikovsky has demonstrated that there is much more room for study both in the Chronology and Cosmology of the Ancient World.

To trace the development of the origin of Consciousness in the development of the human being we must subject any and all books of antiquity to searching analyses and from these synthesise a stimulating theory to enable a more complete and informed debate to ensue. I will start my discussion with Julian Jaynes' "Origin of Consciousness In The Breakdown Of The Bicameral Mind", a more recent work which has been unavailable almost since publication.

Now this book can, and has, been construed as a vicious piece of anti-Semitism and I can damn-well see why - if I was as proud of my cultural and emotional heritage as are Jewish folk then I'd be pretty stroppy at what he wrote.

Unfortunately, this has tended to

obscure Jaynes' central thesis - that the breakdown of 'savagery' and development of 'civilisation' is associated with the two hemispheres of our brain, the Bicameral Mind, linking with each other - and we can trace the story of that link in the development of the Hebrew tribes. Jaynes cites evidence that they were "brigands", banding together under a common oppression. This has led me to many delightful lines of thought.

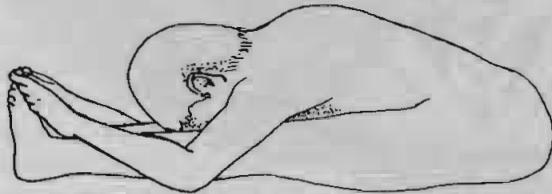
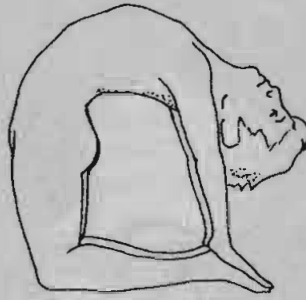
Religion grew out of a necessity for a strong centralised government to combat those of other social units of the time who were all out to get each other - not the first and certainly not the last to realise that in unity there is strength. By externalising the source of their power and wisdom and introducing a monotheistic religion, the Hebrew tribes centralised all decision making and left us their history and beliefs which have become part of all Western cultures. Their centralised structure and use of the High Priest to interpret the centralised will of their collective consciousness has, through later Christian and Muslim interpretations, left a legacy of abrogating responsibility for our own individual decision making.

Part of the 'New Age' is restoration of the ability to be individually responsible and Gaia-aware. Think about it, or rather, intuit it ★ *Continued next issue...*
*I will ignore any and all references to Reincarnation, which this column takes as *sine non qua*

HATHA YOGA

Part 2

Postures



*The mind turns in accordance with
the ten thousand things;
The pivot on which it turns is
verily hard to know.*

- Manohita.

Careful observation of the body and breath is essential for the true practice of asanas (i.e. yoga postures). This vigilance ensures correct technique and prevents injuries. Mechanical stretches as performed by most athletes often strain tendons and muscles. In yoga attention is focused on the chi or psycho-physical aspect of movement, rather than physical strength. You can immediately feel it if you're pushing too hard.

Awareness of the breath further promotes the harmonisation of chi. When the breath is steady, so is the mind. While pranayama (breathing exercises generally practised in a sitting meditation posture) is the principle discipline in this direction, practicing asanas ('exercises') where the breath is used very precisely is an important preparation.

The quality of the breath should be even and refined. Beginners should fill their lungs by first breathing into the lower compartments, i.e. their "bellies", then breathing up into their chests. The movement of body and breath should be harmonized: when making an opening yoga movement the chest and abdomen are also expanding, so you inhale; contracting movements are usually made on exhalation; twisting movements are usually made on exhalation, as the restricting movement helps to empty the lungs.

Each breath should start just before the movement and continue until just after the movement has finished. Synchronisation of breath and movement encourages concentration.

This one-pointed concentration transforms what could be gymnastic contortionism into a true yoga, i.e. a "Yoking" (yoga and "yoke" and etymologically related) or integration of body and mind, the mind and the Collective Unconscious, and ultimately a fusion of the individual with the Universal.

Here is Paschimottasana, a forward bending posture which has a profoundly balancing and calming effect similar to the Bach Rescue Remedy. On the physical level it tones the abdominal organs and pelvic region and rejuvenates the spine (The following postures are taken from *Light on Yoga* by B.K.S. Iyengar).

1. Sit on the floor with your legs stretched straight in front. Place your palms on the floor by the side of your hips. Take a few deep breaths.
2. Exhale, extend your hands and catch your toes. Hold the right big toe between the right thumb and the index and middle fingers - likewise the left big toe.
3. Extend the spine and try to keep the back concave. To start with the back will be like a hump. This is due to stretching the spine only from the area of the shoulders. Learn to bend right from the pelvic region of the back and also to extend your arms from the shoulders. Then the hump will disappear and your back will become flat. Take a few deep breaths.
4. Now exhale, bend and widen your elbows, using them as levers; pull your trunk forward and touch your forehead to your knees. Remain in position for a minute or two.

Next is Ustrasana, a counter-pose for the previous posture. Counter-poses remove the negative effects of previous asanas and so help maintain a physical and psychological balance during practice. Usually a counter-pose works in the opposite direction to the previous asana, but in a less vigorous way.

Ustrasana (*ustra* means 'camel') benefits people with drooping shoulders and hunched backs. The whole back is stretched back and toned. This pose can be tried conveniently by the elderly and even by persons with spinal injury.

1. Kneel on the ground, keeping your thighs and feet together, toes pointing back and resting on the floor.
2. Rest your palms on your hips. Stretch your thighs, curve your spine back and extend your ribs.
3. Exhale, place your right palm over your right heel and your left palm over your left heel. If possible, place your palms on the soles of your feet.
4. Press your feet with your palms, throw your head back and push your spine towards your thighs, which should be kept perpendicular top the floor.
5. Contract your buttocks and stretch your dorsal and coccyx regions of your spine still further, keeping your neck stretched back.
6. Remain in this position for about half a minute with normal breathing.
7. Release your hands one by one and rest them on your hips. Then sit on the floor and relax ★

- Emanuel Lieberfreund

Civil Liberties

When people who favour freedom of the individual are asked to justify this attitude, they often find themselves forced back onto vague, airy notions of kindness or reasonableness. While there is nothing intrinsically wrong with such feelings, it can be difficult to make headway in the hard-nosed world of political rhetoric with its catchcries of "economic rationalism" and "law-n-order", without something a bit more solid to throw back. This article hopes to move towards a solution.

Let's take a look at that dusty old bogey of the conservatives, Social Darwinism. In its traditional form, this is a rather crude attempt to apply early evolutionary theory to human cultures. Its basic premise - that life is a struggle for the "survival of the fittest" - is naively taken to mean that the best interests of both society and the individual are served by ruthless competition, with the aim of destroying or suppressing all rivals who differ from oneself. This idea is then used to justify war, cultural oppression, censorship, police harassment, racism, sexual repression and all manner of pathological behaviour.

However, this argument is nonsense. The heart of Darwinism is the gene-pool, the ability of a species to throw up limitless new forms and combinations in the face of an eternally changing environment. It's constant experimentation and relentless flexibility which drive the great engine of survival. In societies, continuity is assured not by rigid restrictions on human behaviour but by freedom to change structures to fit changing surroundings.

We are confronted with a future which is basically unpredictable. The best strategy for continuance is to encourage the generation of a multitude of different approaches to life's problems, since we lack the ability to know which of these may be the one that turns out to be necessary in some unknown circumstance. The practical result for us is that in a rapidly evolving and increasingly precarious technocratic civilisation we cannot afford to stick blindly to what is traditional, or decreed by authority. Alternative cultures, new and old, are not merely a luxury of decadent collective wealth but an *obligatory tool of survival*. In the words of that great non-civil-libertarian, Mao Zhedong: "Let a thousand flowers bloom, a hundred schools of thought contend."

The freedom of individuals is likewise demanded. We can't afford the inefficiency of wasting effort on destructive attempts to govern other people's lives. The ultimate results of such practices are seen in Ireland and the Lebanon. The wanton repression of particular lifestyles, be they religious, cultural or just eccentric, leaves its victims frustrated and angry and when pushed to extremes may lead some to acts of violence. The occurrence of such events can be affected by factors like degree of repression, size and cultural identity of the repressed group, etc.

While violence is the spectacular result of very rigid social conditions, more subtle results of alienation can cause damage even to 'open' societies. These include withholding or falsifying communications, deliberately ineffective performance of imposed duties, sabotage, refusal to participate, and other impediments to the social process. It's better to avoid this than to insist that everyone toe the same line.

To require the right to lead our own lives is not self-indulgence; the effectiveness of our social existence, and perhaps even the survival of the human race, demand it ★

Aldis Ozols

IN ORBIT

with Victor Voets

Nov 1st - Feb 1st

The intensity of the third wave of enlightenment is abating. Now it's time to reorganize our life, relationships and headspace. Just what is going on anyway? 3 is a number of wholeness in our creativity and we just experienced our 3rd Harmonic Convergence. Such a wrench between the security of the 'devil we know' and the 'devil we don't know'. To add to the cleansing process - the metamorphosis of consciousness - we have a **Sun/Pluto conjunction on Nov 5th**. Very intense days leading up to it; emotional power-plays are in evidence as we strive to gain leadership over our emotions. Those without an outlet for their repressed emotions may find a bit of violence in evidence around this time. Hang in there and don't lose your sense of self, all things must pass. The people are out for change; look at Chile and Burma, Yugoslavia, Algeria.

Our personal energies become more direct, decisive and to the point when **Mars moves back into Aries from late Nov 1st**, though a vagueness of confusion becomes a strain during the first couple of weeks of December. Decisiveness and initiative dominate until the evening of Nov 17th. But the caring, patterning planet **Saturn moves back into Capricorn from November 13th**, beginning a long haul of restructuring and reorganising our finances and financial institutions; a pragmatic realignment of personal values.

A tendency to be vague and ambivalent in philosophy and ethical structures changes so that we become more obsessed with our own material acquisitions when **Jupiter retrogrades back into Taurus from December 1st**. The focus has been upon financial management since November 22nd. Material management takes on a propensity from December 3rd as Uranus moves back into Capricorn where it will remain until 1996. The ease and apparent freedom of plastic cards for business transactions becomes a pervasive force. Don't lose your soul by becoming a *slave* to the MONEY SYSTEM.

An attempt at improving domestics is in force from Nov. 18 to December 17th. The restless desire for change which has dominated the last couple of years seems to take a back seat as a restrictive air of discipline begins to dominate; practical progressiveness will be in focus. Cleavages in relationships will also be in evidence at the **Cancer full moon of December 23rd** as a pull between the security of the home and the freedom of spirit are in the scales.

Initiatory creativity is in force from December 18th, but make a conscious effort to express yourself more clearly. Laziness of mind can cause an attraction to sweet foods with possible repercussions of liver trouble. Art, music and psychic creativity are very strong around December 31st - careful with the alcohol and drugs at the New Year celebrations, escapism will be on the rampage. Self-doubt or oversensitivity could see hyperchondriacal tendencies in vogue. Strength comes through developing the inner life in this psychically sensitive period.

Domestic aggression and practicality dominate until January 20th; be careful with sharp things and machinery between 15th and 20th. Communications and paperwork begin a chaotic reversal from January 16th around midday - the past comes swamping back. Enjoy films, photography and computers from sunset January 17th. An irritating need for independence, often in relationships, becomes manifest. Respect the uniqueness of the individual.

Love and Peace V.V.



Perihelion Of Pluto

The perihelion of the planet Pluto is an astrological event that has exerted a powerful, but until now, unconscious influence on human destiny.

The *perihelion* of a planet is the point in its orbit when it is closest to the Sun. Pluto's orbital journey takes approximately 248 years and it reaches the perihelion of its orbit on September 5, 1989 when it will be at 12 degrees 54 minutes in the sign of Scorpio. This will be the birth of its new cycle. The exact moment is, as yet, unknown.

This measurement comes from the Carter Observatory in Wellington, New Zealand.

Astrologically the perihelion acts as a new moon, and is related to the beginning of major movements in history. It signals events leading either to the domination or liberation of peoples, generally having influence on all structures of power. The colonialism of the past 250 years corresponds to Pluto's "new moon" phase.

The *aphelion* of a planet - the point when it is furthest from the Sun - acts as the full moon in the cycle. At this point all issues of the first 124 years come to a peak and the karma of those actions begins to flow. As 1989 approaches more and more peoples will demand "decolonisation" and the restoration of traditional geopolitical divisions.

With 1989 a new cycle of Pluto begins - *the first time humanity can experience this cycle consciously*. Pluto's powerful transformative energy is symbolised by the Phoenix, a symbol of destruction and regeneration, creating new life out of the old.

From the Earth's point of view, the Sun is opposite Pluto on May 4, 1989. This means the Earth will be between Pluto and the Sun and the closest it has been to Pluto in the last 250 years.

Yet another moment to note in these exciting times.

May 4 and September 5, 1989 are days to focus regenerative and healing power, and use resources co-operatively for the Earth (4.5.89) and for the Solar System (5.9.89).

by Glen Atkinson

Author of the 1989 Astrology Guide for the Pacific,
Tiger Horse Productions, PO Box 6528, Auckland, N.Z.

The 'Bird People'

At least 20 Aboriginal people living on top of the world's largest manganese deposit on Groote Island in the Gulf of Carpentaria have been diagnosed as having 'manganese madness' (*locura manganica*).

People at the Angurugu Aboriginal community (population around 1,000) have high levels of manganese in their blood and many locals have less advanced motor neuron diseases that impair mental functioning and lead to paralysis, according to Professor John Cawte from the school of clinical psychiatry at Sydney's Prince Henry Hospital. He says scientists working in Sydney and on the island have established that high manganese levels are definitely responsible.

Heaps of crushed manganese ore border the town and each day hundreds of tonnes of dust spew into the air, leaving a black film of manganese oxide which must be scraped from everything - including food and skin. A diet of local food gives a daily manganese intake of 100-200mg; 50 to 100 times greater than the world average. The Angurugu River, the community's water supply, flows across an exposed bed of manganese ore. Children used large tailings piles as slippery-dips.

Workers at the nearby Gemco (a BHP subsidiary) manganese mine are claiming they and their families are also potential victims. A report by Dr Yossi Berger of the Occupational Health and Safety Unit (OHSU) of the Australian Council of Trade Unions pointed to major manganese dust problems at the mine.

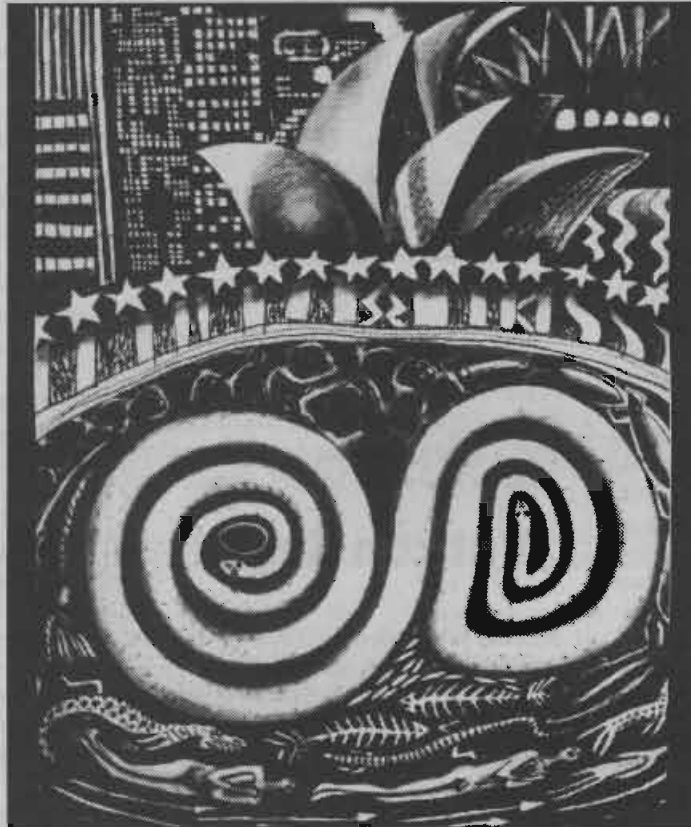
Similar to Parkinson's Disease, this syndrome leads to deterioration of motor neurons and destruction of the cerebellum, causing symptoms including an odd, bird-like gait, unsteadiness, poor coordination, paralysed eye muscles, hand tremors and muscle twitching. It also causes uncontrollable excitement which can lead to compulsive behaviour and violence. Locals describe sufferers as "the bird people".

BHP's denials and stalling tactics have slowed scientific study of the problem. Dr Mark Florence, head of the CSIRO's centre for advanced analytical chemistry, has spent

18 months trying to raise funds for a programme to deal with the problem. The Angurugu community is prepared to pay for half the cost of the programme, but Dr Florence says BHP have been less co-operative.

"I think BHP should put some money into the programme," he said. "their own workers are already demanding danger money because of our research."

Dr Robert Hart, from the OHSU in



BHP's mining division, says the main cause is the 'bush tucker' diet of local Aborigines and that "we don't see that the mining operation has really had any significant input into this." But a recent report by the ACTU and Victorian Trades Hall Council said manganese dust at Gemco's mining operations "must never be treated as harmless." It said high dust levels on the island posed a significant health problem and control and management standards seemed extremely low. In September the 'big Australian' finally agreed to set up a research programme.

No cases of manganese poisoning were reported before the community moved from the Emerald River, 30km to the north, at the request of the RAAF in WWII ★

- Land Rights News, Weekend Australian

Tribal Elders Call Chairman Traitor



Nine Aboriginal elders announced last spring equinox that the powerful chairman of the Northern Land Council, Mr Galarrwuy Yunupingu, is a traitor to his people. Mr Yunupingu broke an agreement not to comment on highly confidential proceedings about serious allegations that he'd broken Aboriginal law, for which he is facing the death penalty.

The agreement was a compromise between the chairman and dozens of Aboriginal elders, following a meeting in Katherine discussing allegations that Mr Yunupingu had displayed sacred, secret and dangerous material at the Barunga Festival in June. A white adviser to the land council in Darwin released a media statement claiming Mr Yunupingu had been exonerated by the elders.

Aboriginal elders present at the meeting have since denied the meeting exonerated him.

The allegations against Mr Yunupingu concern the performance of sacred dances at Barunga, and the presentation to the Prime Minister, Mr Hawke, of a secret bark painting. The dances concerned are either restricted to certain clans, prohibited to be watched by women or not to be

witnessed by white men. The bark painting was from Ngukurr people from the Katherine area and symbolised the link between the Aborigines and their ties with the land. The elders' comments were made to the Senate Select Committee inquiring into the Aboriginal and Torres Strait Islanders Commission.

"I use the word traitor. He walked out of that room and two hours later he was on the phone to his mob," Bunug, an elder from Goulburn Island in Arnhem Land, told the committee. The very next day it appeared on the news which hurt our people."

"A good Western comparison of Galarrwuy's offence would be a mixture of heresy in the 14th century and trading atomic secrets in the 20th century," said leading Darwin anthropologist Mr Arthur Palmer ★

The Australian

The Gemstone File

Skeleton Key Number 6

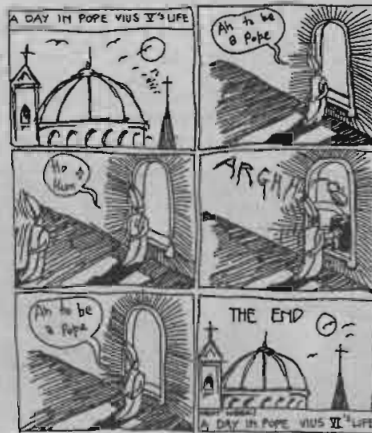
The Gemstone File is a serialised alternative history written by Bruce Roberts...

JANUARY 27TH, 1972: Liddy and Dean meet in Mitchell's office, with Liddy's outline charts for his million dollar plan for a gigantic spying and kidnap operation, which included breaking into Hank Greenspun's Las Vegas office in the hope of recovering Greenspun's files on the Howard Hughes kidnapping and the Onassis Las Vegas operations - which Greenspun had successfully used to blackmail Onassis out of \$4 million.

A "Hughes" getaway plane would stand by to take the White House burglars to Mexico.

FEBRUARY 1972: Liddy and Hunt traveled around a lot, using "Hughes Tool Company" calling cards and aliases from Hunt's spy novels. Liddy, Hunt and other Watergaters dropped by for a beer at the Drift Inn, where they were photographed on bar stools by Al Strom for Katherine Graham. These photos were later used in the *Washington Post* when Liddy and Hunt and the others were arrested at Watergate, because CIA men like Liddy and Hunt are not usually photographed. Roberts quoted to Liddy the "Chinese stock market in cars", the price he was willing to pay on Onassis' head in retaliation for a few things Onassis had done to Wayne Rector (the Hughes double), Eugene Wyman (California Democratic Party Chairman and JFK Mafia payoff bagman) and on Lyndon Johnson - "four bodies twisting in the breeze". According to Roberts:

"Quoting the prices to Liddy at the Drift Inn made their deaths a mortal cinch. Liddy's like that, and that's why the murdering slob was picked by the Mafia." Gemstones rolling around the Drift Inn in February inspired Liddy to instigate the 'Gemstone Plan' that became Watergate. Francis Dale, head of CREEP and member of the Board of Directors of ITT, pushed Magruder to push Liddy into Watergate. In a Mafia-style effort to shut Roberts up his father was murdered by "Plumbers" team members; Liz Dale, (Francis L. Dale's ex-wife), Martinez, Gonzalez and Barker, in Hahnemann's Hospital, San Francisco - where Mr Roberts had been taken after swallowing a sodium morphate pill slipped into his medicine bottle at home by Watergate locksmith (Miami's "Missing Link" locksmith shop) Gonzalez: the pill didn't kill him. He had a weak digestion and vomited enough of the sodium



morphate up (it burned his lips and tongue on the way out) but he had emphysema and went to the hospital. In the hospital, "nurse" Liz Dale and "Doctor" Martinez assisted him to sniff a quadruple strength can of aerosol medicine - enough to kill him the next day.

Vatican Secrets

The day before, Cardinal Tisseront, head of the College of Cardinals at the Vatican, was pushed out a Vatican window. Tisseront had followed the career of the [then] Pope, Montini (whose mother was Jewish). Montini poisoned Pope Pius XI with sodium morphate, was banished from Rome for it by Pius XII and then became Pope in 1963. Tisseront wrote it all down, calling Pope Montini "the deputy of Christ in Aushwitz" and the fulfilment of the third Fatima prophesy - that "the Anti-Christ shall rise to become the head of the Church".

Tisseront also wrote about the 'suppressed secrets' of the Roman Catholic Church: that Jesus was an Arab (Aramean/Aramaic) born April 16, 6 BC at a conjunction of Saturn and Jupiter. Arab (Persian) astronomers (the Magi) came to Bethlehem to look for their King - and found him in a stable, because Arabs like Mary and Joseph weren't let into nice clean inns even then.

When Jesus overturned the tables of the moneylenders at the Temple, the Jews had the Roman soldiers stick a spear in his side,

pulled out his liver and ate it. Tacitus, the Roman historian, described it all - in a chunk of history deleted by the church. Nero burned Rome - but the Romans couldn't stop the early Christians (Arameans and Jews) from spreading the Gospels, so the Romans decided to adopt their religion, tidy it up, make Jesus a Jew and Mary a virgin and work out the church/state deal to screw the people in the name of God and country that has been operating ever since.

Around 300 AD - at the Council of Nicaea - the Christian orthodoxy was established; a dissenting Bishop had his hands chopped off, another Bishop was assigned to round up all the old copies of the Bible and destroy them in favour of the 'revised' de-Arabised version. Matthew, Mark, Luke and John were declared "It", the other Gospels were declared Apocryphal and heretical. Roman Emperor Constantine became the first "Christian" emperor. Later, during the Crusades, the Bible was again re-written to include Jesus' warning against the "yellow race".

27 Gemstone Files with histories sent to 27 countries brought Red China into the UN and threw Taiwan out.

APRIL 1972: Money pours into CREEP: Gulf Resources & Chemicals Corporation, Houston, Texas, contributed \$100,000 illegally laundered through Mexico, coming back through Liedtke of Pennzoil Corporation, Houston. Robert Vesco gives Maurice Stans a \$200,000 "campaign contribution", etc. Liddy gives McCord \$76,000; McCord buys \$58,000 worth of bugging equipment, cameras etc.

MAY 1972: J. Edgar Hoover had a copy of the *Gemstone File* and threatened to expose Dallas-JFK in an "anonymous" book entitled "The Texas Mafia". Instead he was poisoned with sodium morphate in his apple pie. The corpse was carted away from his home in the back seat of a VW and his files were burned - but some of them got away.

Sodium morphate has been a favourite Mafia poison for centuries. It smells like apple pie, so is frequently served in one. Sometimes it is given in a pill or capsule. Symptoms; lethargy, sleep, sometimes vomiting. Once ingested there is a heart attack & no trace is left in the body. The proof is in the vomit, which is not usually analyzed.

Not mentioned in standard medical books on poisons, but is a common ingredient in rat poisons.

Watergate

MAY 28TH, 1972: First break-in at Watergate. McCord, Barker, Martinez, Garcia, Gonzalez and Sturgis break in while De Diego and Pico stand guard outside. Hunt and Liddy direct the operation from a safe distance, across the street. The object was to check on Onassis' two men at Democratic Party Headquarters: Larry O'Brien and Spencer Oliver (O'Brien's chief 'PR client' had been "Hughes". Oliver's father worked for Onassis). McCord wire-tapped their phone.

But little did they know that the 'plumbers' were being observed by Hal Lipset, Katherine Graham's (of the *Washington Post*) San Francisco detective, who had been following two of the 'Plumbers' from Liz Dale's side in San Francisco to Watergate. Lipset watched in amazement as the Plumbers broke in and set up bugging equipment, then reported back to his employer. Lipset and Graham set up the trap for the Watergaters when they returned to remove their bugs and equipment.

JUNE 17TH, 1972: Bernard Barker was wearing his Sears Roebuck delivery costume; the same one he wore at the Dr Fielding break-in and at the Hahnemann's Hospital murder of Bruce Roberts' father. Hal Lipset, Graham's detective, was disguised as a mailman. He left his mailsack behind when he taped the door at Watergate. He watched security guard Frank Wills remove the tape and walk on, then retaped the door. As a result, Frank Wills went across the street and called the police and the "Plumbers" McCord, Martinez, Sturgis, Barker and Gonzalez were caught in the act (Graham had them on tape and film too, every minute of the time).

Liddy and Hunt, supervising by walkie-talkie from across the street were not arrested. Liddy phoned Magruder in California regarding the Watergate arrests. Magruder notified Mitchell, LaRue and Mardian of what had happened. There was plenty of time to burn files and destroy incriminating evidence. Liddy shredded the *Gemstone File* at CREEP. Dean cleaned out Hunt's safe at the White House and gave Hunt's copy of the *Gemstone File* to L. Patrick Gray, acting FBI head: "Deep six this - in the interest of national security. This should never see the light of day." Then Gray burned the file.

JUNE 20TH, 1972: DNC Chairman Larry O'Brien files a million dollar suit against CREEP, naming Francis L. Dale, the head of



CREEP. This was a big Mafia mistake, as Dale led directly back to Onassis.

JUNE 21, 1972: The 18 and a half minutes of accidentally-erased White House tape:

Nixon, furious over the Watergate plumbers' arrests, couldn't figure out who had done it to him; who had taped the door at Watergate that led to the arrests? Hal Lipset, whose primary employer at the time was Katherine Graham, couldn't tell him. Nixon figured that it had to do somehow with Roberts' running around in Vancouver tracing the "Hughes" Mormon Mafia nursemaids swindle (Eckersley) of the Canadian Stock Exchange and Trudeau.

The missing eighteen and a half minutes in the Watergate tapes was of Nixon raving about Canada; "asshole Trudeau", "asshole Roberts", Onassis, Hughes and Francis L. Dale. It simply couldn't be released. Stephen Bull's secretary Beverly Kaye later heard the 'erased' tape stored in a locked room in the White House. She was horrified, sent out some depressed Christmas cards and letters to friends and was sodium morphate 'heart attacked' at age 40 in a White House elevator outside the locked safe room where the tapes were stored.

JANUARY 1973: Tisseront was dead, the church seized his papers and burned them - but missed some. Roberts received one and wrote a few of his own, released over New Year:

- 1: "The Cover-Up of the Murder of Christ"
- 2: "The Yellow Race Is Not In China"
- 3: "Mrs Giannini's Bank of America Financed the Murder of JFK At Dallas via Alioto's Frattiano, Brading and Roselli"
- 4: "Vietnam - Fatima - Holy Crusade" "Four documents: four bodies twisting slowly in the breeze" as a result of the Roberts-Liddy deal:

1: Lyndon Johnson, sodium morphate "heart attack" at his ranch on the Fedemales River. Among his last words; "You know fellows, it

really was a conspiracy."

2: Alexander Onassis, only son of Aristotle Onassis, plane crash via a fixed altimeter at the "1,000ft Walter Reuther level" at Athens airport.

3: Eugene Wyman, a California Democratic Party Chairman and JFK assassination payoff bagman - sodium morphate heart attack.

4: L. Wayne Rector, Hughes double, killed at Rothschild's Inn of the Park in London. This series of deaths started the shattering of the Mafia power structure and economy.

MARCH 18TH, 1973: Roberts called Hal Lipset discussing all these matters over a tapped phone. Lipset reported to Dean who had hired him away from Graham after they figured out who had taped the door at Watergate (Mitchell: "Katie Graham's liable to get her tit caught in a wringer").

MARCH 19TH, 1973: Dean to Nixon, nervously; "There is a cancer growing on the Presidency."

MARCH 21ST, 1973: Nixon said that on this date he "received new evidence" on Watergate. Hal Lipset later bragged on TV that he had been the one to bring the evidence to Nixon. Meanwhile back at the *Washington Post*, Katherine Meyer ("Deep Throat") Graham had been feeding Woodward and Bernstein information for their articles.

MAY 19TH, 1973: The first witness at the Watergate hearing, running down the names on the CREEP organizational chart, mentioned the name at the top: Francis L. Dale, Chairman. Dale's name was never mentioned again during the rest of the trial.

JULY 9TH, 1973: Roberts had used Al Strom's Drift Inn Bar as an "open lecture" forum for any and all - and Al Strom taped it for his boss, Katherine Graham - but "Al was fair" - and told Roberts he was doing it. Al Strom was murdered by order of Katherine Graham for having shared information with Roberts on this date ★

Next Issue: Chile and beyond...

The Tantra of Internal Regeneration

© John Burke 1988

Before puberty the perineum (the internal muscle at the base of your body) is closed so that the regenerative fluids (semen and smegma) are reabsorbed... from the back of the vagina or the seminal vesicles... through the *kunda* (coccygeal body)... up the spinal fibres to clean and repattern the growing body.

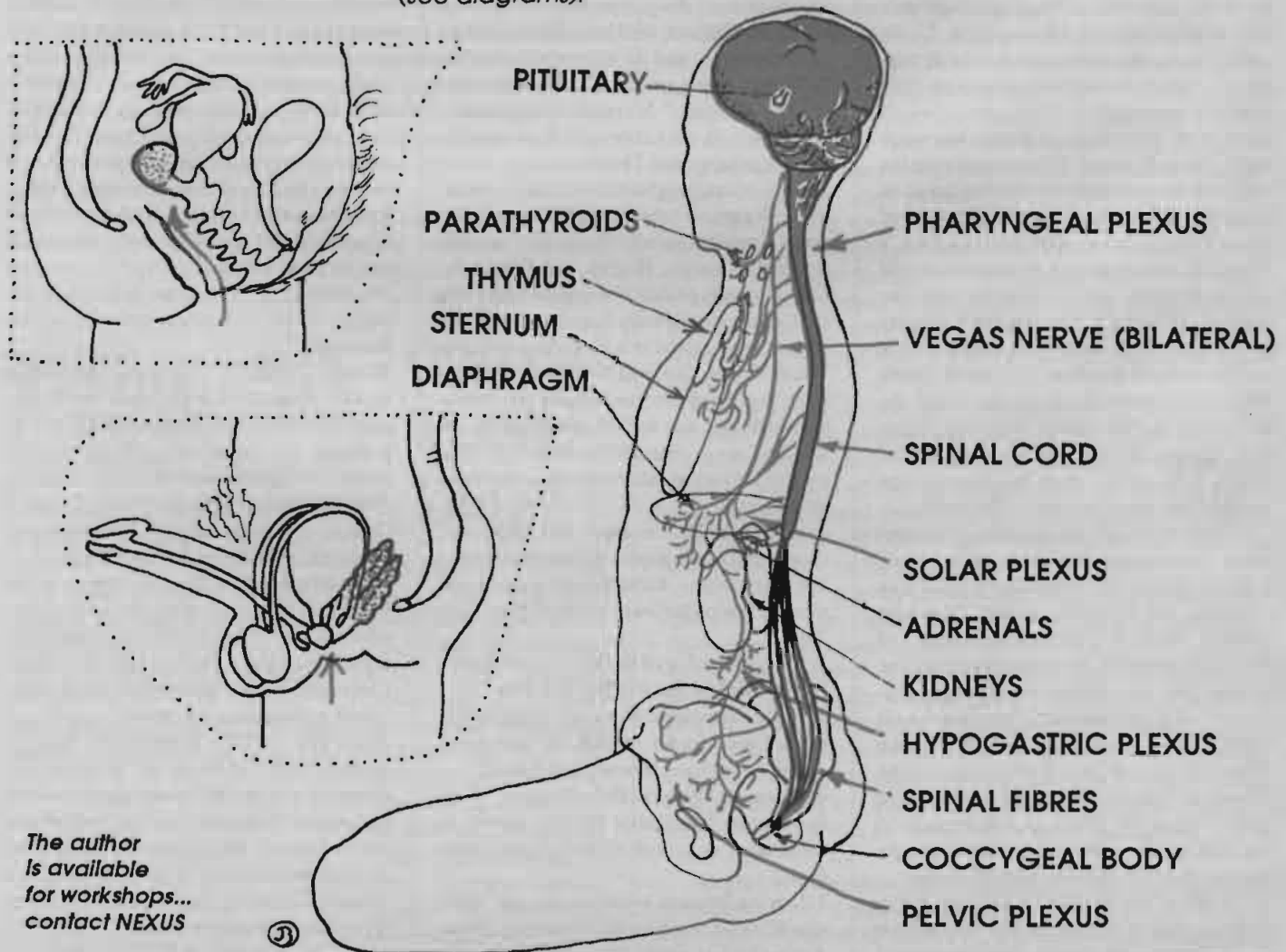
After puberty it is possible to reproduce this pre-pubescent flow by applying either external pressure (traditionally with the ring and middle fingers) at the time just before orgasm or, with some practice and fortitude, the muscle itself can be held internally... so that either no semen is emitted through the penis, or the ovaries are pulled down onto the vagina behind the cervix... so that the secretions enter the vagina without going through the womb

(see diagrams).

The seminal vesicles or the back part of the vagina are then heated through concentration, visualisation and muscle contraction during the in breath. Three different 'substances' make their way separately and consecutively up through the body in their characteristic fashions.

Depending on individual needs and practices, between 1-9 out of 10 orgasms can be retained and distilled in this fashion

Because we're dealing with the actual substances of genetic programming, you have to be really sensible with this practice. Only do it when you are in a good emotional state, and if any pain results consult someone practiced in internal yoga or chi generation.

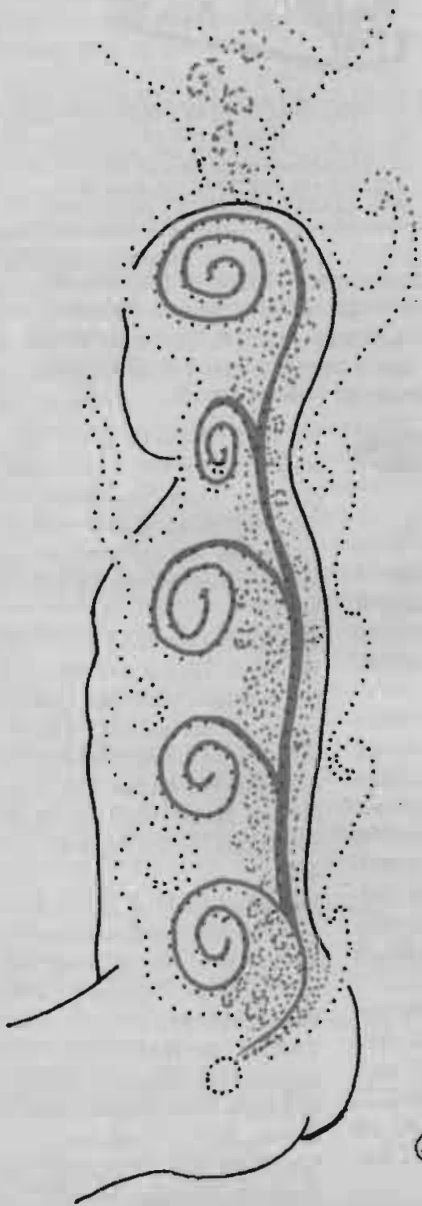


The author
is available
for workshops...
contact NEXUS

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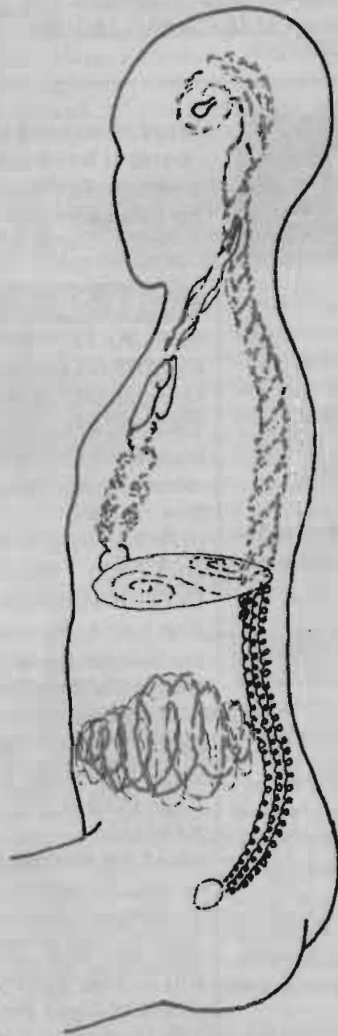
The Blisses of Shakti

ALCOHOLS evaporate at less than blood temperature, so they come off first... after a minute or two of holding your spine erect, relaxed and supple. They are easily recognised as 'rising clouds of bliss'... that dissolve toxins and activate each set of nerve plexuses that they rise through... until they eventually rise to join the macrocosmic spirit where all that was toxic is reorganised into organic states.



The Energies of Kundalini

OILS come off at and above blood temperature and take some time, heat and pressure to move. They spiral up through the spinal fibres... some then spread through the small Intestines, but most continue up to the beginning of the spinal cord... they then spread forward through the lymph-rich diaphragm... spiralling out to enrich the liver and spleen... when it reaches the sternum they 'spit' vapours through the marrow... the ones that make it to the top are absorbed into the thymus gland. The finest of these oils are then taken up through the parathyroids, to mix with vapour rising up the spinal column, at the pituitary gland in the brain. This process washes a lot of residual hormones through your emotional body... It's important to see them as reactions to the process rather than emotions relevant to your present emotional environment.

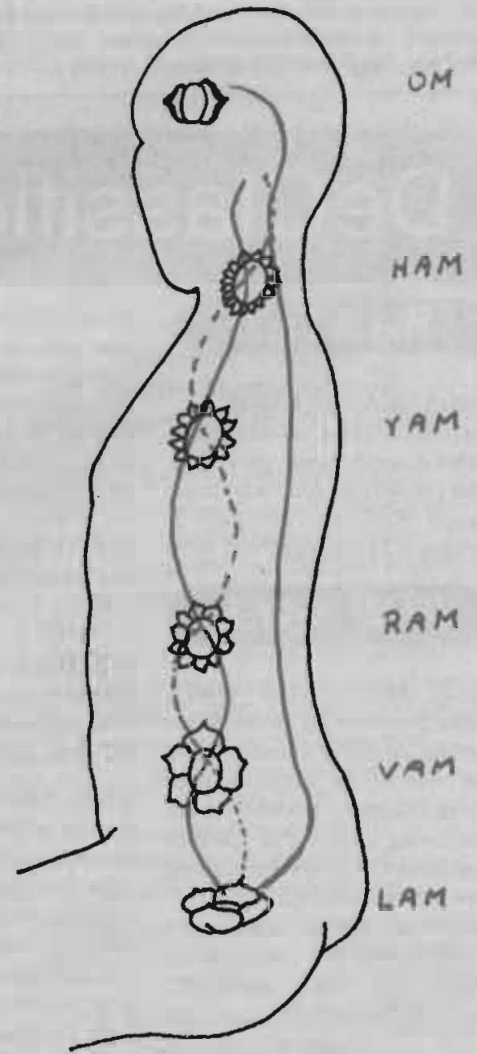


The Forms of Siddhi

SALTS or fixed energy patterns can be set at each major energy level in the vortex between the glands and the nerves with visualisation and mantra...

EEI	Violet	RAM	Yellow
OM	Indigo	VAM	Orange
HAM	Blue	LAM	Red
YAM	Green		

These are intoned from high falsetto - EEI - to a deep base LAM... actually resonating each appropriate space... while visualising the perfect, healthy and appropriate lotus for each level. These are the dreams you will pull to yourself to live. Make them as much paradise for all things as you can... and don't be afraid to go back and undo mistakes (oops, I mean research) * EEI



Move Over

© 1988 Linda Curtis

The living organism of patriarchy has slowly been rotting in the twentieth century and yet its remains have been emanating a stench more potent than ever. In an age where the world is threatened with nuclear annihilation, 'man' has finally outsmarted himself.

The role of women during the technological revolution could be expressed as totally insignificant. Since the Renaissance, men have increasingly delivered themselves from darkness and yet the same light has only begun to be shed for women in the last century.

Even in the 1980s, when many women would proclaim that women's liberation has been achieved, the lack of real power they have gained is appalling.

Confidence, freedom and above all understanding of oneself are necessary in order to have power; yet the knowledge and perception women have about themselves is still greatly limited.

Since before the suppression and affliction women received by the patriarchal faith of mediaeval Christianity, many psychological scars still remain.

Although women have attained physical freedom, suppression through mental conditioning has prevailed. This can be seen in every level of society today.

In America, England and Australia few women are represented in government. Even though there is freedom for women to attain power, it can be easily seen that women choose not to because of the pressure to conform to what is ultimately a male institution.

However, women like Margaret Thatcher are different, having attempted to gain power within this system. Thatcher has done little or nothing for the advancement of women in society. Many would say just by the

fact that she has achieved such a position she has paved the way for women. This may be so, but what price did she pay? She has only appropriated old attitudes of a patriarchal institution. How can she be expressing her nature as woman (as a nurturer of life) when she has signifi-



cantly increased England's nuclear "defence" force and allowed a deathly nuclear processing plant to operate near a densely populated community?

She has collaborated with the males in the Pentagon and with the collective insensitivity towards minorities, including women.

Missile Envy

On the other hand, an example of a woman in tune with her own nature is Helen Caldicott, the founder of Green Labour and one of the strongest anti-nuclear campaigners in the world. She rose to this position from being a paediatrician. The change in her role is summed up in her book "Missile Envy". She said that she could no longer look after a handful of children when life on this planet is threatened with extinction.

It's interesting that in her honest

concern for the survival of the human race she had no intention to run for office. Instead, through study, research, writing and helping other women to produce films about the real threat, she realised her only options to obtain a measure of success. It may be, for now, that only through separating from government and forming feminist institutions will women achieve power. Caldicott has not compromised her principles, morals or character.

But Thatcher and other females within a patriarchal government can't really be blamed. Although women have been admitted into universities for a century, until the last two decades education was purely taught from a male point of view. Only recently have such subjects as "Women Studies" entered curricula, and women have achieved some say in what is to be taught and researched.

In view of this we have already come a long way and women will accelerate their understanding of themselves through closer scrutiny of their own history. The more we know and understand our own nature in comparison to the nature of men, the more we shall realise our responsibilities in society and rise to positions of power without compromising ourselves ★

Linda Curtis is further developing these ideas through a rock clip using plasticine animation and music. The basic scenario is the changing concept of women adopted by both sexes, opposite a stagnant view of man as "the thinker", and the changing relationships between women and both sexes. Nuclear warfare and the role men have played in creating it will also be explored, along with the responsibility of men and women to dismantle it. Contact Linda via NEXUS.

Further Reading:

Pure Lust - Mary Daley

Missile Envy - Helen Caldicott

Grapevine

Letters to NEXUS should be addressed to: Grapevine, NEXUS New Times, P.O. Box A556, Sydney South 2000. Nom-de-plumes are accepted if writer is identified. If your letter is not for publication, please note the fact clearly.

Another View Thru a Crystal

Many of us involved with psychic development have watched with interest and concern the death of the old age. Self-proclaimed experts offer advice on all manner of subjects, drawing on knowledge from an age now dead, on familiarity with energy patterns and frequencies that have degenerated and are now being replaced. The death of the Olde Worlde occurred on August 16, 1987 and was honoured in ceremonies by those participating in Harmonic Convergence.

The birth of the 'Newe Worlde' occurred on August 17, 1987 and was welcomed joyously by millions scattered around the globe upon sacred centres. It was the end of an era dominated by the masculine ray and the rebalancing of the Earth with the beginning of a new era, that of the feminine seventh ray - the Age of the Violet Ray. This new image is being broadcast from Galactic Centre and is known as Program Victory and Program Ascension...

The Harmonic Convergence was for me the start of another phase of initiation in my psychic development and it was as I lay on my back... over 3,600 feet above sea level and fighting my fear of heights, welcoming the dawn of a new era, that I received a message from one of my Guides which I felt encapsulates why I took offence at your article 'View Through a Crystal'. The message was: *The rituals and ceremonies associated with various religious and magic schools contained much power in the past but a new Era has dawned where each individual must take responsibility for devising their own rituals and ceremonies, their own magic. Let the past go.*

Your article starts off sounding elitist, while the rate at which misinformation and dogma tumble over themselves make it imperative that an alternative view be put...

This idea that in the realm of psychic development or magic the only learning that can be of any value is that passed on orally, is a little anachronistic as we approach the close of the second millennium AD. This type of learning is wonderful but just not practical as the sole method in this day and age, especially when we are talking about a total global awakening. Besides, this is the Information Society and is very adept at disseminating information. I believe publishing is an excellent medium to reach

people and plant a seed that will hopefully blossom...

Your assertion that genuine reputable teachers must only charge nominal fees, if at all, is very limiting. I agree that there are many teachers charging very high fees, that many are charlatans, but who's to say that those "ripped off" didn't create that reality as some sort of learning experience, and if they did learn from it does that not make the teacher successful? You are not considering agreements made between entities on the level of the collective unconscious...

Psychic knowledge is not "a privilege earned by very few" but a birthright of each and every one of us, a potential, a spark that burns within. You also say it can't be bought - a friend paid quite a lot to receive the gift of Reiki, which he fully believes works in him now. He gave me healing with Reiki for well over 2 hours and I did get relief for my back...

I agree that in the past few people had the perseverance to develop their innate talents in the psychic arts but that is changing rapidly now. I can't accept your statement that "few people have innate talent - ALL people have innate talent, few develop it or are even aware of it..."

So what if the flaws are pathways used at some time by other entities? Others are welcome to experience my garden as long as it is with respect and I expect the same. If your cleansing procedure was done correctly you wouldn't have to worry about any "earlier owners" and haven't you been taught about circles of protection?

So what if 40 tonnes of crystal was imported last year? Who are you to say it isn't meant to be here, that there wasn't a nasty hole in the psychic aura of this country and that Arkansas couldn't spare some energy to help out? The northern hemisphere is definitely exhibiting yang energies, as do the Arkansas crystal. The southern hemisphere is currently undergoing the tri-continental feminine awakening to balance out the earth's energy flows with a shot of yin. Perhaps Gaia is sending the Arkansas crystal here to be cleansed and charged.

You say that "once people went through much training and hardship to earn the right to look for crystals". I believe my whole life has been a training ground to earn the right to look for and use crystals. In fact, I believe I have been training myself throughout a number of lifetimes for this point in time where I am in a position to try

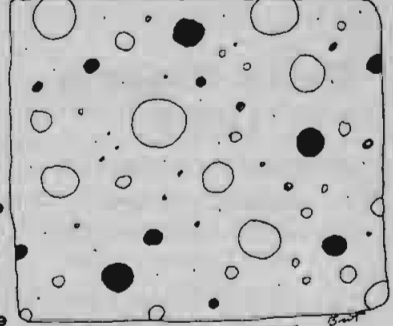
to distribute, to those who require them, crystals and the knowledge of how to use them. I agree there are morals that should be upheld when mining but I don't agree crystals shouldn't be mined for commercial reasons. I despise the methods modern agriculture uses but I don't advocate never harvesting another crop. I advocate a return to real farming where we treat the earth as a living organism and seek to find our place within it. This concept can be extended to mining too.

One line of thought holds that everything strives for greater perfection and that by eating a plant it is being assimilated into an organism capable of higher levels of awareness. We are contributing to the lettuce's evolution by enjoying it in a salad. By meditating with a crystal, even by just having one, we are achieving something similar; we are teaching a being from the Mineral Kingdom about higher levels and dimensions of consciousness...

Your advice on cleansing a crystal is so basic as to suggest being repeated from a book - fine for someone who already knows how to do it. My suggestions, which are much more comprehensive and aimed at the beginner, can be found in *Ambrosia*.

I hope all this has made someone look at the crystal Renaissance in a different light. The main thing is to keep an open mind and beware of dogma - it gets the best of them.

Remain in Light
Brian Allen
Editor of *Ambrosia*



SPOT TWE 009

Communicable Diseases Intelligence Bulletin

Dear Sir/Madam,
In your June/July edition of the Nexus Supplement entitled *AIDS: The Real Story*, the "Yes Minister" article alludes to the Communicable Diseases Intelligence (CDI) Bulletin as providing inconsistent and unreliable data on heterosexual transmission of AIDS.

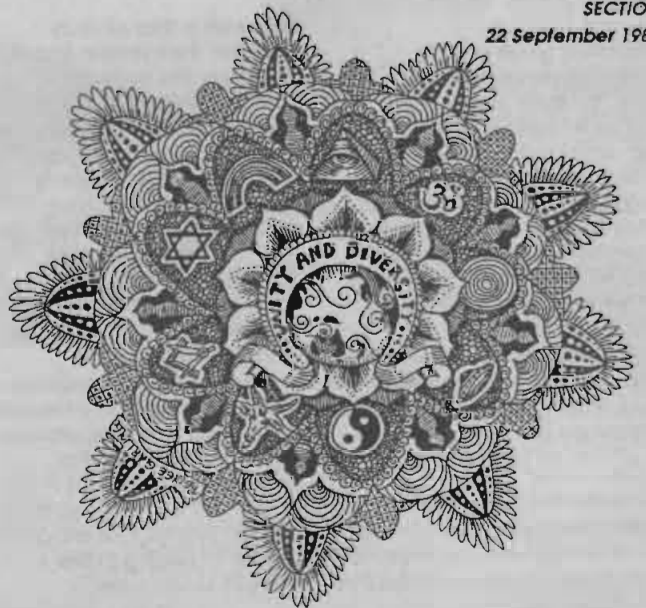
I wish to bring to your notice that, in reporting AIDS Surveillance in Australia, the CDI has little, if any, control over the nature of data which has been regularly contributed by the National Health and Medical Research Council (NH&MRC) Special Unit in AIDS Epidemiology and Clinical Research. Although the CDI usually reformats to make the data suitable for publication, the consistency, reliability and meaningful interpretation of AIDS Surveillance data remains the responsibility and prerogative of the NH&MRC Special Unit.

It is therefore mischievous and misleading to conclude that CDI only publishes data to accommodate specific Departmental or Ministerial viewpoints.

Yours faithfully,

LUNDY KEO
SENIOR SCIENTIST
COMMUNICABLE DISEASES
SECTION

22 September 1988



AIDS Response

Dear Mr Ayana,
I write in response to your recent NEXUS Supplement on the AIDS virus, published Spring 1988.

First of all, my congratulations on gathering together a large mass of data (often unpalatable to the non-specialist) that attempts to address the problem of viruses in the global community. By focusing on the issue that has contributed the most in modern times to changing fundamental ideas and attitudes on global and personal health issues, this Supplement gives the concerned reader a chance to come to grips with some of the political and socio-economic aspects of virus transmission.

Unfortunately, you seem to have taken a rather narrow political stance than your data can accurately substantiate - I refer to your first section and major headline - *The Heterosexual Myth*". Surely you meant to say:

THE SEXUALITY MYTH!

As a human being I am concerned about the spread of viruses such as AIDS throughout the world, but at the social and political level I am more concerned about the moral climate that can so quickly label one unique but lethal virus the "gay plague" and stigmatise the adherents of that particular lifestyle. Your choice of the word "heterosexual" in your headlines serves, albeit unintentionally, to reinforce this opinion of the homosexual community and fails to come to grips with the concept that AIDS virus transmission has nothing to do with sexuality *per se* but in fact relates to certain sexual practices, along with other events such as sharing of hypodermic syringes, inoculation with contaminated vaccines, blood transfusions of infected blood products, etc.

Receptive anal intercourse is a high risk activity only when it involves a tear in the lining of the rectum and this is a high risk activity for anyone - regardless of the sex of the participant. Are you assuming that heterosexuals are immune to the eroticism of anal sex - surely not? The main route of AIDS virus transmission is via body fluids interaction, as the later sections of your booklet point out very clearly. This objectivity is not evident in this the first section of your booklet, and the tone of your writing seems to confer an "immunity" (pun intended) on heterosexuals that non-heterosexuals (ie homosexuals) do not have!

To remain aware of the direct political implications of your role as a writer and publisher in an off-times prejudices society and not contribute further to these prejudices is a challenge surely

worthy of the "new age" to which you aspire. I feel that it is vital to the health of our global community that you do not pander to the more intolerant beliefs of segments of our society.

My response on reading your opening section should have been delight and relief that I, as a recently diagnosed HIV negative woman, had little to fear from the AIDS virus. However, by the end of your booklet I was confused and somewhat alarmed at the lack of conclusive proof for the "heterosexual myth". The real issues for containing the AIDS virus are, to society, beliefs and practices at the personal hygiene and lifestyle level implying individual health responsibility.

Food for thought and perhaps material for a future NEXUS rebuttal.

L. Rouse, October 1988
746 New South Head Rd.
ROSE BAY NSW 2029

Dear Mr Rouse,
AIDS - The Real Story was never designed to fuel the fires of anti-gay fundamentalists or attack gays. But the general public has not been clearly told the simple truth that homosexuals discovered (despite general misinformation) some time ago - that the only real transmission of AIDS comes from direct blood contact. Anal sex is virtually the only sexual practice that can lead to direct blood contact - and this fact hasn't been disseminated widely to people in non-high risk groups.

Gays in particular have shown a responsible attitude to stemming its spread - if heterosexuals are to do likewise they must not engage in dangerous practices - anal sex and IV drug abuse.

'Straight' heterosexual sex has not been proven to be a common transmission medium for AIDS - In fact, quite the opposite seems to be true. There is no conclusive proof to show that AIDS has been spreading heterosexually (in a vaginally transmissible manner) after a decade of painstaking search for such proof.

My major regret is that some people use the first section of AIDS - The Real Story to back their own particular moral standpoint - and fail to read the rest.

A more salient point concerning homosexual spread would seem to be the questions raised about the role of early Hepatitis-B inoculation experiments in the first widespread transmission of AIDS to US gays and intravenous drug users, as described on page 19.

The truth must come out. The limited resources available to NEXUS mean that authoritative researchers must investigate further.

Thanks for clearing the air - R.A.

Editorial

This Summer's NEXUS has seen many changes, some of which have arisen from YOUR suggestions in our readership survey (in #5). Other changes have come of themselves; we wish to thank everyone who's made it possible for NEXUS to survive and thrive to this point, with special thanks to the entire crew who brought it up through its first year, including Nissa, Elmer Griffin and M'Bob.

When you skirt the fringes of the collective consciousness it can lead to strange repercussions. But the pursuit of truths often leads us into the space described by Robert Anton Wilson as 'Chapel Perilous', a place where all fears must be faced, explored, gone beyond. Exploring and going beyond these fears is largely what this issue of NEXUS is about (it's also led to a slight rearrangement of your editor's face - an occupational hazard).

How the West Was Won is a new series which outlines one mechanism of the amnesia of collective human memory in the 'breakdown of the bicameral mind', a common thoughtstream shared by all humans in the past until a planetary event sundered the collective mind, drenching it in babble. *Egyptian History and Cosmic Catastrophe* shows how the works of Dr Immanuel Velikovsky illuminate this dark period in human memory, drawing from human amnesia the likely events of the past - and explaining why it was a 'dark period' in more ways than one. *Conversations with Uncle Martin* brings you the memoirs of a Martian survivor, speaking to his children - all of these stories and more may help to illuminate the past that has brought us to this juncture.

Perhaps we're stretching your belief systems with these articles. But those who forget the lessons of history are condemned to repeat them - even if you can't step in the same river twice! Look, folks - we're all living on a billiard ball called Gaia and had better take good care of her and each other. Even if you believe there are conscious beings watching our predicament from 'outside' this space, don't depend on them for help. They



can only help us help ourselves.

It's time to grow beyond the parent-saviour/helpless child paradigm. When we learn the truth about our past, we can see our present predicament with fresh eyes.

We're all about to live through the most exciting time in the last few thousand years. If we REAL-ISE that now is the time we can all change ourselves and the world, our future becomes a potential paradise. Don't be afraid to change yourself and lifestyle - if we keep up with the Changes, rather than the Joneses, we can give peace a chance.

With ut peace at home, in the heart - world peace is an illusion. Where do your beliefs come from? Look to your heart for your own truth ★

R. Ayana

Conversations with Uncle Martin

A survivor's perspective of the old age ...

Uncle Martin: We were all in harmony with the spheres and the sacred sites. We could all dance to the tune that changed continuously in response to our own resonance.

Then Venus flew past the Earth - there was a huge plasma jolt - a lightning bolt - that hit the ionosphere of this planet - the static discharge when one planet passed close to the other. The whole human species went into shock and all the people who were able to remember what their ancestors had done - a clear linear memory that went back thousands of years, so they could see the larger cycles - nearly all had their long memories erased. It was like a great blow to the head.

Entities who felt responsible for that planet flying past in the first place came here with its 'fall' and told us they could help us. They came to this Earth and laid their own system upon it - and the fluid matrix that had been forever moving was fixed. All the people who had responded to the music of the spheres in the past - who were able to listen to the Earth and knew what they had to do by being where they were, appropriately placed - all those people slowly came under the power of those who had fixed their vision to the energy of this planet by building their own temples on the sacred sites and laying their own patterns down in the planetary mind.

Issa: So did they do it on purpose?

U.M.: Well now that's an interesting question. What's on purpose? And how does it differ from accident? When you're involved, does an accident ever really occur to you?

Issa: Well then did they do it by accident?

U.M.: They did it consciously and not consciously. It was a result of a feud between the male and female energies which then existed on that planet. As a result of that schism, "divide and conquer" occurred on a planetary scale.

Issa: OK well, if that's true, this other race has been quite interesting then.

U.M.: The people who set up these Patriarchal civilizations were not personally responsible. They came from not very far away. They were left here until a 'repair crew' could come, and they had the best of intentions - they wished to keep everything fairly ordered to preserve the knowledge, much of the culture and as many of the people as possible. In order to do that they maintained a fairly rigid system - a caste system - which could repair the damage done to the collective psyche.

They set up these enclaves as pyramid hierarchies.

Issa: Did they interbreed with us?

U.M.: The Sons of God mated with the daughters of men. Now, why the Sons of God? There were Giants in the Earth in those days - the Sons of God mated with the daughters of men. Why the 'Sons of God' - why did they not call them the Angels or the Gods themselves? Who are the "Sons of God"? You only see one or two other references in these old books to "Sons of God"; one of them is known as Jesus, a 'Son of God'.

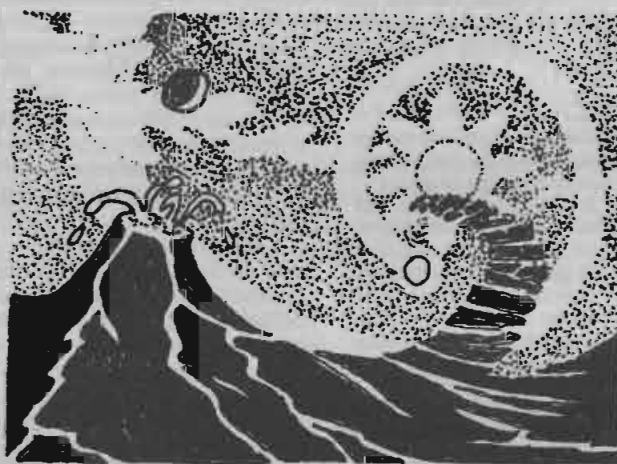
Issa: There's been a few.

U.M.: The Buddha is someone who's able to give expression to "Godhood", the Godhead within himself/herself. Now the Sons of God are the offspring of a consciousness which laid its own 'culture' and bloodline upon this planet to try and help preserve it and themselves. They care about what happens here because humans are their descendants. In fact they thought of themselves as 'seers' with the capacity to help. The people here

sometimes saw them as 'overseers' because the order seemed to come from them; in fact it came through them. They were left on Mars after Venus (which is the core of that planet where the asteroid belt now is) fell apart, flew apart.

Some of the survivors lived on Mars. They weren't indigenous to it; they were literally hominid stock that had been there a long time. They didn't often reproduce physically, because of the balance they struck when they went to that colony - they explored their intellects and creative powers on other levels and extended their lifespans. They didn't live the same life-path as most people where they originally came from.

Before Venus fell there were colonies on all the 'terrestrial' planets; we were all brothers and sisters, genetically related. The people who stayed on Ares/Mars, with .38 terrestrial gravity, grew fairly tall - with large craniums, extended skulls, wide hips - but the same hominid stock originally. They looked like the Pharaoh Akhnaton.



Now the colonized Mars which this group (the pyramid builders in this particular solar system, this group of ascetic artisans and artists) was rebuilding into a very nice place, was dealt a terrific blow when Venus/Lucifer fell and only the ones who lived underground survived. And for a long time they had to keep surviving - learning how to breathe less oxygen, eat less food - learn how to burn with the cold blue flame that preserved consciousness, but not intensity or emotion... and they waited and waited. Some of them came here via anaesthetic incarnation, some of them traveled here consciously in non-physical bodies. One of the things they could not do for a long

time was to travel physically.

And they waited in fact, until Venus, which had been thrown out into Jupiter, had spiraled back in and started interacting with Mars again. Then they realized that they could wait no longer for their journey home, and coincidentally, someone from 'outside' this system came here and gave them the ability - that's why the people on Mars were the Sons of God. The people who came in from 'outside' and gave them the power to physically come to this planet are the ones who are referred to in those old books as "God". Now that's not what God really is...

An important feature of the whole thing is simply that - the 'God' of the his-stories is the god of hierarchies, the god of the patriarchs, the god of the father. They allowed these tall people to come here - in fact, they brought them here.

For a long time while the Earth was in an "ice-age", there were geographically isolated zones - some in which 'giants' lived, some in which the 'normal hominids' lived; and when Venus came the geographic isolation was broken down, coincident with the extinguishment of the link between the "Giants" that lived here and their own home on Mars. And so the ones who were left here were left with very few choices; they couldn't maintain themselves indefinitely on this planet. They had the power to 'dominate' the shorter people for a number of reasons, partly because of the nature of simple territorial hard-wiring in the primate system of "height consciousness", but also because they were so focused; their consciousness was from a 'higher sphere' - so they could bend the wills of those who were so less focused around them after the fall. They also had many methods for fixing 'receptive' traits in the smaller humans; ge-

netic and surgical among them.

The word this race uses for themselves - *human* - and *homo*, *homme*, *hominid*, *homo sapiens*, etc... all come through the old Egyptian syllable H*M, which means 'male slave', incidentally.

Issa: So what happened to them?

U.M.: Well, many who decided not to use their power of domination against the indigenous hominids were killed by them. They were *sacrificed* in the true sense of the word; they allowed themselves to be sacrificed, unable to fit into a new mould. Some of them rebelled against this entire concept and lived in isolation. Others were accepted by the Earth tribes.

The problem was they were so tall and couldn't do much physical work here - particularly stonemasonry. They had other methods of cutting, forming and moving stone (many non-technological) but much of this broke down. What they thought they needed was many smaller hominids with a lower centre of gravity who could cart the stone around, do the heavy work. They set up rigid caste systems based on body shape to try and help humanity evolve beyond its 'forgetful' conditioning, so that you would continually resonate to a similar body. Incarnation after incarnation, and therefore ascend through the hierarchy that was placed here to allow consciousness to reach an 'artificial' form of enlightenment based on a pyramidal system - the way of Typhon. There are many ways to enlightenment, and this is one that they tried *en masse*.

Then Venus came back.

Issa: So you would have the same body shape lifetime after lifetime?

U.M.: The old caste system of India is a memory of it. The Brahmin all had the same body shape, the merchants all had the same body shape - the only people who didn't have the same body shape were the untouchables, the people who of mixed caste at the bottom of the pyramid.

Issa: Like the Morphogenetic field theory?

U.M.: Exactly, so if you believe in your Morphogenetic field theory or even just the principle of *like unto like*, Brahmin would incarnate into Brahmin castes - as long as they hadn't altered their own internal characteristics - merchants would reincarnate into merchant castes, warrior would reincarnate into warrior, and they would continually evolve through those pure forms. That was the idea, but those forms became static because nudity was suppressed, you see. The conscious control of evolution was made taboo by the covering of the genitals. And that system perpetrated itself, perpetuated itself for quite a long time.

When it broke down, all the different gene types that they had been trying to separate off, to distill, interbred in one of the great alchemic fusions. The system also fell apart because the tall people slowly became one with the short people; they interbred with each other. Earth gravity also led to a rapid decrease in height for the 'pure' bloodlines.

As a result, it was no longer necessary to maintain the patriarchal hierarchy because the Earth had decided to give form, to give birth to more than one form of humanity. The Earth brought both of these forms of humanity together and allowed them both to co-exist by sparking a fusion between them which brought out the best aspects of each.

Issa: So the planet itself decided.

U.M.: Yes, because none of this could have happened, these people couldn't come here unless the planetary entities agreed to let them have a womb space to grow in.

Issa: So the conqueror is eventually absorbed.

U.M.: Precisely. But these conquerors *knew* that and that's why they attempted to set up a purified system that couldn't easily be absorbed, and they succeeded for quite some time. They weren't actually conquerors, they were stepping into a void in some ways that had been left by the damage that had been created here. You see if you have a long term perspective, civilization and society take on a different meaning. It depends on how long a perspective as an individual you have, it depends on how long your memory is.

Issa: How do you develop a long memory?

U.M.: Some people have long memories because they can tap



into the collective consciousness of humanity. Other people have long memories because they live a long time in the same body.

Issa: The same body?

U.M.: Yes, or succession of bodies.

Issa: Who, for instance?

U.M.: The people who lived on Mars.

Issa: You mean through intentional trans-planetary incarnation?

U.M.: Yes, actual transubstantiation is one way to do it but some people dance in the same body - and no matter what you are you can do it either way. The people who came here from Mars lived in ascetic isolation for a long time and managed to learn how to preserve themselves and learn what it was that separated their energy off so they could distill it, as it were, and maintain a highly refined form. Because it's in the nature of this planet that when souls come here they touch the waters of forgetfulness - you can't bring anything into your mother's womb that she hasn't experienced - they found a way of maintaining the distillation that they built on this planet, but only by remaining in isolation from the majority of people on this sphere; isolation physically as well as isolation from all levels of their energy.

Issa: They say we don't remember our past incarnations until we can handle them.

U.M.: That's partly true - partly because when you go back in your memory the things you remember most easily are the most intense things - times of imprints - and the most intense things are sometimes incredibly pleasant and enjoyable ecstatic. But they are often, intense for other reasons; an interesting feature of human vision is that if you see a picture of a person dressed in blue next to a person dressed in red next to a person dressed in yellow, the first thing that you will usually see is the person dressed in red. Your eyes will automatically focus to that level of intensity which involves blood - it's a survival mechanism that's hard-wired into the system and takes some work to retrain. It's like the retraining necessary to perceive problems as opportunities.

Issa: It's the colour of passion, isn't it?

U.M.: It's the colour of passion, more to the point, the colour of the heart. Quite often the things you remember are so intense that you don't want to look further. And yet you *have* to look through that intensity because what you're remembering of it is bound to be clouded by your current perceptions, your current socio-cultured viewpoint, by that which you are clothed in, so you have to view passively without trying to lay your interpretations on what it is you are seeing, no matter how unusual or even abhorrent it may seem to your 20th century consciousness. You may not understand what was really happening. So if you can go back in your memory with that viewpoint, when you see something that shocks you, you'll simply be curious rather than afraid ★

Continued Next Issue...

THE TWILITE ZONE

Yeti, Yeren, Sasquatch, Yowie

Chinese scientific tests on strands of human-like, coarse hair found in central and southern China in the last four years revealed that the specimens do not belong to any known animal. Scientists speculate that the hair may have come from a Chinese 'big foot', known as *yeren*. (see *Twilite Zone* No. 5).

This follows last year's sighting by Russian researchers who reported coming within 35 yards of a Yeti, which made several night visits to their Central Asian camp.

Professor Grover Krantz, an archaeologist from Washington State University, is planning to hunt a Sasquatch in the Pacific Northwest. Having conducted field trips and researched Sasquatch for 20 years, he intends to look for a decomposing body left over from last winter.

Prof. Krantz said he would only kill one as a last resort, hoping to establish proof for the existence of these beings to protect them from extinction.

Peter Mathiessen reported in the *Spirit of Crazy Horse* that traditional native American communities "know of a messenger who appears in evil times as a warning from The Creator that man's disrespect for his sacred instructions has upset the harmony and balance of existence..."

"He has strong powers and sometimes takes the form of a huge, hairy man."

These hairy people are referred to in legends of native peoples all over the world, including Australia's Yowie.

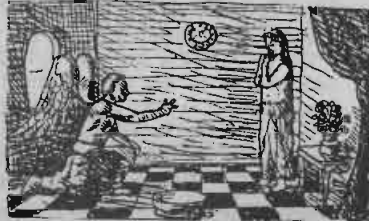
TASS, AP, *Shaman's Drum*

Death by Democracy

Holy Tyranny of the majority! Robin, well-known ward of the Caped Crusader, has been voted out of non-existence.

Comic artists and writers blew up Batman's offside in an October *Batman* comic; the Joker, disguised as an Iranian ambassador to the UN, finally split up the dynamic duo by blowing Robin to smithereens.

Robin was killed off by a readership vote of 5,343 to 5,271 because he was a "lwerp" and a "vindictive, vengeful little brat," a spokesperson for DC comics announced.



VIRGIN BIRTH

A 15 year old London virgin from Lesotho, South Africa has given birth to a baby boy. The girl was told she would never have a baby because she had no vagina, but something unusual happened. After having oral sex with a new boyfriend she was stabbed in the stomach by a jealous ex-lover. Doctors believe the sperm she swallowed somehow reached her womb while she was treated for the wound. Nine months later she gave birth after being admitted to hospital with stomach pains.

"Sperm must have been flushed out of the stomach, up the fallopian tubes into the womb," a doctor said.

"The baby resembles his father which excludes an even more miraculous conception," reported the British Journal of Obstetrics and Gynaecology.

Next Temptation of Brian

It was a dark and stormy night ... the 13th of October '88 ... there I was, prowling the wilds of George Street, Sydney, when suddenly I heard an eldritch chant ring out behind me....

"Oh, I'm a lumberjack and I'm okay, I sleep all night and I work all day, I chop down trees, I skip and jump, I like to press wild flowers; I put on women's clothing and hang around in bars..."

Spinning in my tracks I beheld a group of bizarre figures marching south: a Roman centurion, a horned Knight, an English businessman, two Gumbies and the Grim Reaper! Flanked by assorted weirdos, these creatures were marching with determination towards the Greater Union theatre, where they were awaited by hundreds of hymn-singing, Bible-waving cultists, punk rockers, hippies, news reporters and police. Quickly poking my third eye into a nearby lump of *akasha*, I used my inner vision to ascertain the Ultimate Truth.

These people were all here to celebrate or oppose the opening of Martin Scorsese's film, *The Last Temptation of Christ*. The self-styled "Christians" led by the Rev Fred Nile were in a frothing rage because the movie dared to depict their idol as a divine human being, while the Sydney (*Monty*) Python Appreciation Movement were in a frothing rage because the movie failed to acknowledge Brian as the True Messiah. The police were there because they liked minding other people's business.

A heavy hired security presence ensured that patrons were able to see this extraordinary film, the Christian religious statement of the decade.

Transcending the mundane physical reality, I made my way back to Nirvana, vowing that I would visit this fascinating dimension again.

- Guru Swami Lama Sri Buddha Rama Bananananda



Date Shrouded

So you thought you wouldn't hear anything else about the Shroud of Turin, that notorious relic showing the reverse image of a brutalised bearded man.

Three separate laboratories independently tested the Shroud using Carbon-14 dating methods and pronounced it a forgery last October, placing its age at somewhere between 1260 and 1390 AD.

But now an American archaeologist has revealed that earlier secret tests in 1982 gave different results and that preparations for dating the Shroud were incorrectly handled.

William Meacham of the University of Hong Kong was one of 22 experts who took part in a 1986 conference the Vatican organised for dating the relic.

"The lab work was very sophisticated, but the planning and sampling methodology was very shabby," he said.

"The samples were taken from a repaired corner which had been... scorched in a fire in 1532. The C-14 date may reflect the influence of the 1532 fire rather than the actual age of the linen." He said that these portions of the Shroud had been subjected to at least 300°C and that samples should have been taken from other sections.

The two secret tests were conducted with identical techniques on two halves of a thread removed in 1973. One half dated at 200 AD and the other at 1,000 AD, Mr Meacham said.

- Agence France Presse